CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 1 MAY 12, 1941

WHAT SHOULD GO INTO YOUR DAILY DIET?

"Try to include these foods in your meals every day," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture. They are the recommendations of the Bureau of Home Economics:

"MILK: For a growing child, 3/4 to 1 quart. For an expectant mother, 1 quart. For other family members, 1 pint or more. Use fluid whole or skim milk, buttermilk, evaporated milk, dry milk, cheese-- on the table and in cooking. Count 1 pint of undiluted evaporated milk (a little more than 1 tall can), or 1/4 pound of dry milk, or 1/3 pound of cheese as having about the same food value as 1 quart of fluid milk.

"LEAFY, GREEN, OR YELLOW VEGETABLES: 1 or more servings. Use green leafy vegetables often -- spinach, kale, chard, collards, mustard greens, beet or turnip tops, or wild greens such as dandelions, lambsquarters, dock, cress, purslane. Save vitamins and minerals in all vegetables by not cooking any longer or in more water than necessary. Use the cooking water or juice. Do not use soda in cooking vegetables.

"ORANGES, GRAPEFRUIT; TOMATOES; RAW CABBAGE; OTHER RAW FRUITS OR VEGETABLES RICH IN VITAMIN C: 1 or more servings.

"POTATOES, OTHER VEGETABLES OR FRUIT: 2 or more servings.

"EGGS: 1 (or at least 3 or 4 a week). Eat eggs poached, scrambled, fried, or cooked in the shell -- and count the eggs used in custards and sauces and in baking.

"FATS: Count salt pork, fatback, and bacon as fat -- not as meat. Use butter or other vitamin-rich fat every day.

"LEAN MEAT, POULTRY AND FISH: 1 or more servings. Choose different kinds of meats, fish, poultry for variety of food values and flavor. Occasionally, use liver, kidney, and such salt-water fish as salmon, herring and mackerel. In economical diets use dried beans or peas as the main dish several times a week.

"CEREALS AND BREAD: At least 2 servings of whole-grain products. Whole-grain bread or cereals, such as dark rye or whole-wheat bread, rolled oats, cracked wheat, whole-ground corn meal are to be preferred, but if you like white flour and bread use the 'enriched' kind. Count spaghetti, macaroni, noodles, grits, and white rice along with white bread and cereals -- not as vegetables.

"SWEETS: As needed to satisfy the appetite. Use sweets in moderation to make the diet palatable, but not enough to spoil the appetite for other foods. Count very sweet desserts, molasses, sirups, honey, jellies, jams, sugars, and candies as sweets.

"WATER: 6 or more glasses. Form a regular water-drinking habit and drink plenty of water, expecially in summer. When perspiration is excessive, use an abundance of water and extra salt.

"VITAMIN D: Remember the infants and growing children need fish-liver oil, direct sunshine, or some other rich source of Vitamin D."

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TIPS ON FRYING PANS

If you are lucky enough to have a well-stocked cupboard, it will have 3 different sized frying pans in it, according to the Oregon Experiment Station, reports the Consumers' Counsel Division.

First, you need a big 12-inch pan, with a cover to fit. That's for frying meat, fish, eggs, potatoes for the whole family.

Then you should have a double skillet, 10 inches in diameter, for cooking pot roast and frying chickens.

Finally, there should be a fryer about 8 inches wide for small jobs of cooking food.

Best frying pans are thick and heavy enough to prevent warping, yet light enough to handle without too much trouble. Look for a flat even bottom to be sure it will cook evenly. Cast iron is inexpensive, durable, good for long, slow cooking. It is, however, bulky to handle.

"Heat frying pans gradually, and cool them gradually. Never pour cold water into a very hot pan; that may give you a warped and uneven pan.

"Griddles that are round will keep a better uniform temperature than those that are oblong or oval."

CONSERVATION MUST HELP THE PEOPLE

"We must watch out lest conservation of our physical resources be pushed with full regard for the loss of dollars flowing off and down our streams, but no primary regard for wasted humanity. It is selfishness that has destroyed our natural resources, and to plead for conservation merely to stop the loss of dollars is to appeal to the same selfishness that wrought the destruction.

"It is only when human beings become the primary objective that conservation becomes the highest national virtue. Conservation can never become our master plan except as a nation restitution for a great wrong done -- not only to land, but to people." -- Henry A. Wallace, Vice President of the United States.

ON THE AIR

If you want to get your share of Vitamin D this summer without risking a serious case of sunburn in the process, listen in to CONSUMER TIME, on Saturday morning, May 17, at 12 noon, Eastern Daylight Time (11 A.M., E.S.T.).

Reporters from the Department of Agriculture will give listeners advice on how to get a safe sunburn. They will also bring you a few buying tips on how to get your nickel's worth or dollar's worth when you buy ice cream.

The program is heard weekly over the nationwide Red Network of the National Broadcasting Company. It is sponsored jointly by the General Federation of Women's Clubs and the Consumers' Counsel Division of the U. S. Department of Agriculture.

CONSUMER NOTES
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VOLUME IV, NUMBER 2 MAY 19, 1941

KEEP YOUR EYE ON PRODUCTION

"During the defense period, the question before consumers is this: Are standards of living in this country going to be built up to at least a decent minimum for everyone, or will they be maintained about where they are, or will they be cut down by an ever-increasing and expanding upswing in prices of the things you spend your money for?" writes D. E. Montgomery, Consumers' Counsel of the U. S. Department of Agriculture, in a recent magazine article. "Money prosperity there will be; consumers as a whole will have more money to spend. What we don't know yet is whether that larger amount of money will simply boost prices or will boost the standard of living by getting us a larger supply of good things.

"The biggest factor in that question is how much American industry can produce, in addition to the goods needed for defense, and how much it will produce. Will it keep all our productive resources hard at work doing all that is possible? . . .

". . . The complex structure of prices must be closely watched. If production is held back, prices will surely go up. When prices begin to move, speculation comes into the picture, and then we will find it especially difficult to get our productive and distributive machinery working full time at full speed.

"With occasional exceptions, agriculture is already a bountiful producer. Nevertheless we need a lot more of many kinds of farm products if anything really worthwhile is going to be done about this nutrition question that everyone is talking about. But farmers aren't going to be willing to produce larger quantities of farm products unless the industrial side of the Nation also is increasing its output of the things that farm families spend their money for."

POINTERS ON FURNITURE

A well constructed piece of furniture will have well fitting drawers, doors, and leaves.

"Pull the drawers out and see for yourself if they slide smoothly and are not loose," advises the CONSUMERS' GUIDE, published by the Consumers' Counsel Division of the Department of Agriculture.

"The groove rails of the drawer, on which it slides back and forth, should be glued or otherwise fastened securely to the framework. Slides, whether on both sides of the drawer or in the center, likewise should be securely fastened to both the front and back of the drawer.

"Dove-tail joints, used for notching together the sides of the drawer, should fit snugly and firmly. Good quality furniture has this type of joint on all four corners of the

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CONSUMER NOTES • CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

drawers; cheaper pieces may simply have slots in which the sides and back of the drawer are fitted.

"Tiny blocks of wood glued to the bottom of the drawer, where it fits into the sides, make for reinforcement and strength. If the back of the drawer falls below the bottom of the drawer floor, it indicates good workmanship.

"When you pull out the drawers, look for a panel shelf that is at least three-sixteenths of an inch thick separating each drawer. Furniture lacking this insert will not be dust-proof.

"Like drawers, doors should fit snugly, should open and close smoothly, should not sag. Hinges, brackets, latches made from thin, stamped-out metal mean weak construction that will not long stand the strain of ordinary wear.

"Table leaves also should fit perfectly, with not even a fraction of an inch of looseness. Don't store them in damp places, such as your cellar; if you do, you will soon have warped, useless furniture on your hands."

HOW TO MAKE YOUR OWN PEANUT BUTTER

"Rules for making peanut butter at home are easy," informs the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Roast the peanuts in a slow oven (300 degrees) stirring occasionally. Then shell them, remove the skins, and grind the kernels in your meat grinder, using the finest blade. You will probably want to grind them twice to get the fineness you desire.

"Then add the amount of salt you like and a little table oil if the butter seems too dry. Best idea is to make small quantities at a time. Peanut butter tastes better fresh, and it gets rancid fairly easily. Two cups of shelled nuts will grind into about one-half pound of butter.

"Peanut butter fanciers can get lots of additional ideas for recipes using peanuts and peanut butter by writing Office of Information, U. S. Department of Agriculture, Washington, D. C. Ask for the Bureau of Home Economics free pamphlet, MP-302, 'Nuts and Ways to Use them.'"

ON THE AIR

About 50 stations scattered all over the country weekly broadcast CONSUMER TIME, the radio program for consumers produced by the Consumers' Counsel Division of the U. S. Department of Agriculture.

The broadcast is heard every Saturday morning at 12 o'clock, Eastern Daylight Time (11 A.M., E.S.T.) over the Red Network of the National Broadcasting Company. You can find out the call letters of the station nearest you to whom the program is made available by writing Consumers' Counsel Division, Department of Agriculture, Washington, D. C.

On May 24, consumer reporters on the broadcast will tell you how to get a safe sunburn, and how to prepare foods for the picnic basket. Donald E. Montgomery, Consumers' Counsel, will talk on current consumer problems.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 3 MAY 26, 1941

WE ALL NEED THE RIGHT FOOD

"Better diets might well come to mean greater vigor of body and mind on the job, a greener old age, and a longer, happier life.

"Do we care enough for these things to change diet habits if need be?

"Not only would each of us gain from good diets; the Nation would gain, too. Never has the need been greater than now for citizens with bodies and minds ready to meet whatever the future may hold.

"Habit is not a safe guide to good diets. The newer knowledge of nutrition must be put into practice throughout the length and breadth of the land. Families should know how to get the well-rounded and varied meals they need for what they can spend in money, time, and energy.

"Some families need financial help. The resources of many in the lower income groups cannot provide adequate diets. These people need increased earnings. Many need further opportunities to produce food for home use. Some have no breadwinner and are dependent wholly or in part on public aid. Special programs such as the Food Stamp Plan, free School Lunches, and Low Priced Milk are helping many needy families.

"Our Nation is attacking the problem of nutrition on many fronts. But still other and better ways of thinking and doing can be developed if we put our minds to it. . .

"If malnutrition is like an iceberg, as one authority has suggested, and its greatest mass and greatest danger lie beneath the surface, then it is time for us to look beneath the surface for its hidden signs and causes and to do something about it."

--From "Are We Well Fed?" published by the Bureau Home Economics, and for sale by the Superintendent of Documents, Washington, D. C. Price: 15 cents.)

MAKING UNPASTEURIZED MILK SAFE

"Where milk is not pasteurized, health experts recommend that it be boiled before use or made safe by one of 3 ways," writes CONSUMERS' GUIDE, published by the Consumers' Counsel Division of the U. S. Department of Agriculture.

"(1) Boil the milk in a pan directly over the fire for 3 minutes while stirring constantly, and then cool immediately by placing the kettle in cold water, and then in the refrigerator.

"(2) Place the milk in a double boiler and let it cook while the water in the lower pan boils for 8 minutes. Then cool it quickly.

"(3) Punch a hole in the top of the bottle cap after pouring out a little milk. Then insert a thermometer and heat the milk in a pan of hot water until the temperature reaches

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143 degrees. Keep the milk at this temperature for a half hour. Then cool slowly and put the milk in a refrigerator.

"These treatments not only eliminate the danger of milk diseases but delay souring of the milk."

TRAPPING THE TICK

Give yourself a twice-a-day once-over and watch your clothing when you're in tick country, the Consumers' Counsel says Department of Agriculture experts recommend.

"Ticks carry Rocky Mountain Fever -- a very serious disease -- but luckily for hikers and campers, only one tick in several hundred may transmit the disease with his bite.

First rule, if you live in the country, is to reduce the tick population around the house by cutting grass short, and clearing weeds and brush away. These make ideal hiding places for ticks.

"Second rule is to look yourself over carefully a couple of times a day and pull off any stray ticks. Children particularly should be watched. Comb your hair the wrong way to clear out any ticks that may be out of sight.

"Remove ticks with tweezers, but don't jerk them loose. Burn them, never crush them between your fingers. Put iodine on the wound by dipping a point of a round wooden toothpick into the antiseptic and then drilling it lightly into the skin at the point where the tick attached itself. It's a good idea to sterilize the tweezers, also, by washing them in alcohol.

"Dogs pick up ticks very easily. You can remove them the same way you do from yourself. Or you can dip the dog in a derris wash to destroy all the ticks.

"If anyone is bitten by a tick and becomes ill or develops a fever in 4 to 12 days, he should be put under the care of a doctor. You can also be inoculated against Rocky Mountain Fever."

ON THE AIR

Do you know what foods are best to eat in the summer? Or what clothing is coolest and healthiest for summer comfort? Or whether you need more or less rest during the hot months?

You can get the answers to these questions -- and many more on comfortable summer living -- by tuning in on Saturday, May 31, to CONSUMER TIME, weekly radio program for consumers produced by the Consumers' Counsel Division of the U. S. Department of Agriculture.

Tune in also if you want scientific tips straight from laboratories of the Department of Agriculture on how to get rid of ants, cockroaches, and other pests that make their annual appearance around the house at this time of year.

The broadcast is heard over the Red Network of the National Broadcasting Company on a coast-to-coast hook-up. It goes on the air at 12 noon Eastern Daylight Time (11 A.M., Eastern Standard Time).

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VOLUME IV, NUMBER 4 JUNE 2, 1941

STAMP PLAN HELPS THOSE WHO NEED FOOD

"The Stamp Plan is making a vital contribution in building up the physical strength of our less fortunate people who have been without steady employment for years," declares Secretary of Agriculture Claude R. Wickard in a statement on the second anniversary of the Food Stamp Plan.

"We have been jolted by reports that more than 40 percent are failing the physical tests under the selective military service program. We cannot be complacent about a condition in which 2 out of 5 of our young men are found to be below par in health, particularly when they are in the prime of life. Such men cannot make their full contribution to their jobs during this critical time when increased production is so vital to our total defense effort.

"Malnutrition is to blame for much of the physical defects we are worried about. Lack of medical care and other factors are in the picture, of course, but it is certain that inadequate diet is one of the fundamental causes of a high percentage of bad health. Tests in England, where those unfit for military service have been built up successfully by a few months of good feeding and care, definitely prove this fact. They show that it is possible to improve health of our people by an adequate diet.

"Out of the National Nutrition Conference, called for late in May, should come an awakened national consciousness of nutrition needs, sound advice on improved diets, and recommendations for action. Several million of our lowest-income families, however, will not be able to put this information to use--unless they can get more and better food into their market baskets. Here is where the Stamp Plan and other surplus distribution programs enter the picture, making food available to those who need it most, and strengthening the weakest spot in our line of national health effort...

"After 2 years, we find that the early promises of the Stamp Plan are being fulfilled. It is helping our low-income families by giving their diets needed improvement. It is helping our farmers, by giving them wider markets and a more remunerative level of prices. It is helping business, by routing all operations through normal channels of trade. The plan may well be of even greater service in the days ahead."

BUYING POINTS FOR BEDSPREADS

Look for these features when you buy bedspreads, suggested by the Bureau of Home Economics in the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Fabric: Fabric must be firm, evenly woven of smooth regular yarns. Fancy designs may mean yarns of different dimensions, or novelty or lumpy yarns in the fabric. These may wear through fine yarns and break in a relatively short time. Check firmness of weave by pulling material and seeing if each yarn stays in place. Designs created by 'floating' one

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yarn over another invite trouble if the floaters catch and tear. These 'floats,' however, are necessary in some types of design. If you choose them anyway, be prepared for trouble.

"Construction: Ends of spread should be examined to make sure they are cut straight, and the yarns running crosswise are parallel to edge of cover. Otherwise, the first laundering will result in a lopsided spread.

"Seams: The fewer the seams the better. They pull out easily and are difficult to mend. Seams should be wide enough to hold well and stitches should be strong and closely spaced; 14 stitches to the inch is a good average.

"Size: Size for double beds varies from 80 by 90 to 90 by 108 inches. If you want to have spread cover pillows, with enough left over for a generous tuck-in, choose the larger size.

"Dyes: Look for colorfast guarantee both as to light and washing. Fabrics labeled 'vat dye' or 'indanthrene dye' are least likely to fade because the dye has become a part of the fiber."

FACTS ABOUT "ENRICHED" BREAD

Here are questions and answers about "enriched" bread from CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Q: What is enriched bread?

"A: It is bread which has in it the vitamins and minerals present in 'enriched' flour.

"Q: What is enriched flour?

"A: Enriched flour is white or near-white flour which has in it specified amounts of at least 2 vitamins, thiamin (B_1) and nicotinic acid, and one mineral, iron. 'Enriched' flour may also contain certain amounts of 2 other vitamins, riboflavin and Vitamin D, and 2 minerals, calcium and phosphorus, but these are not required.

"Q: Should 'enriched bread' be used in place of whole wheat?

"A: No. If you prefer white bread, be sure it is enriched.

"Q: Has 'enriched' bread more food energy than plain white bread?

"A: No. The vitamin and mineral additions do not change the energy value of bread.

"Q: Will eating only 'enriched' bread supply you with the necessary amount of the vitamins and minerals present in this kind of bread?

"A: Not unless you eat an excessive amount. Then you would not be able to eat enough other foods, supplying other vitamins and minerals your body needs.

"Q: Should you eat more bread if you buy the 'enriched' kind

"A: Not necessarily. The important thing is to eat well-balanced meals.

"Q: Are 'enriched' flour and 'enriched' bread foods or medicines?

"A: They are foods, not medicines. No curative claims should be made for these products."

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VOLUME IV, NUMBER 45 JUNE 9, 1941

SCIENCE IS THE ROAD TO PLENTY

"We could feed and clothe and house the masses of our people far better than we do if we dared to turn science loose to tackle the job," Secretary of Agriculture Claude R. Wickard stated to the delegates attending the National Nutrition Conference meeting in Washington May 26-28.

"But we have hesitated and sometimes this was because we have been afraid we might make a wrong move and upset somebody's apple cart.

"I think it is time to be afraid that if we don't make some vigorous moves, our civilization won't have any apples to put in the carts, and it won't matter any more whether they are upset or not.

"In other words, I hope this conference will mark a big forward step in hooking up science with the needs of common people. I would like to see this done in the United States above all places. I would like to see it done with food first of all, because food is the most basic need of common people."

MORE CHILDREN GET PENNY MILK

School children in 9 large cities throughout the country bought a half pint of milk for a penny during the past school year under the "penny milk" program of the U. S. Department of Agriculture, reports the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department.

In New York and Chicago alone, about 300,000 needy children benefited from the plan. Other cities where the plan was in operation included St. Louis, Mo.; Lowell, Lawrence, and Boston, Mass.; Omaha, Nebr.; Ogden, Utah; and Birmingham, Ala.

"Under the penny milk plan," says the GUIDE, "needy school children in these cities could buy a half pint of milk every day at a cost of one cent.

"The plan is possible because farmers, dairies, school authorities, and the Federal Government are all working together to make it possible. Farmers accept a slightly lower price for the milk that goes into 'penny milk' bottles; dairies are expected to handle the business at cost; the Federal Government makes up the difference between the penny paid by the child and the total cost of the milk; school authorities work out ways to get it to as many children as possible.

"It takes time to work out the details of a successful 'penny milk' program. The new ones shaped up under direction of the Surplus Marketing Administration during the spring months will make possible full-fledged operation of the plan when school bells ring next fall.

"Consumers in other cities who would like something like this operating in their schools should write to the Surplus Marketing Administration, Department of Agriculture, Washington, D.C. It might be possible — nobody can promise — to get some more boys and girls lining up for 'penny milk.'"

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LOOK FOR SHEETS WITH THESE MEASUREMENTS

"Sheet labels should tell you the yarn count, breaking strength, weight in ounces per square yard, amount of sizing, size of finished sheet, and the amount of shrinkage," declares the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

"Low-weight sheets may be fine percales, or just sleazy and poor quality. Heavy sheets are hard to handle, run up laundry bills. Mediumweight and heavyweight muslins are best for long wear and everyday use.

"Here are measurements to look for in different types of sheets:

	Yarn Count in Warp	Yarn Count in Filling	Weight per Sq. Yd.	Breaking Strength * in Warp	Breaking Strength * in Filling
Muslins:					
Lightweight....	below 60	below 60	less than 4 oz.	over 50 lbs.	over 45 lbs.
Mediumweight...	70-75	60-65	4-4 1/2 oz.	over 60 lbs.	over 50 lbs.
Heavyweight....	74-80	66-70	4.6 oz.	over 70 lbs.	over 70 lbs.
Fine counts.....	over 80	over 80	3.7-4 oz.	over 60 lbs.	over 60 lbs.
Percales.....	over 100	over 98	3.6-4 oz.	over 60 lbs.	over 60 lbs.

* By grab method

ON THE AIR

Once a week -- every Saturday morning -- consumers who tune in to CONSUMER TIME get a radio report on what the Federal Government is doing along the consumer front.

Advice on how to buy, facts on prices and quality, tips on efficient household operation -- listeners get all this information together with a report on research and discoveries in Government laboratories.

CONSUMER TIME is produced by the Consumers' Counsel Division of the Department of Agriculture. Cooperating in putting on the program are defense and civilian agencies in the Federal Government.

One feature of the broadcast is valuable Government bulletins offered to listeners, and "Consumer Tips" cards to build up a fingertip file of buying information.

The program is broadcast over the Red Network of the National Broadcasting Company at 12 noon, Eastern Daylight Time (11 A.M., Eastern Standard Time). The broadcast on June 14 will feature information on the prevention and cure of poison ivy, and how to get your vitamins.

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VOLUME IV, NUMBER 5 JUNE 16, 1941.

BUY GRAPEFRUIT BY GRADE

Consumers can get their canned grapefruit and grapefruit juice according to Government grades, informs the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

"Like the A-B-C grades for other canned fruits and vegetables, the use of grades for canned grapefruit juice, and canned grapefruit is voluntary. No canner is required to use these standards in grading or labeling his product. The grades have been set up by the Agricultural Marketing Service of the Department of Agriculture.

"Only 2 grades are defined for canned grapefruit juice: Grade A, and Grade C. In general Grade A canned grapefruit juice is the best quality one can buy. The grade specification requires a natural light color, a juice that is practically free from defects, that contains only a small amount of pulp, and may be sweetened or unsweetened.

"Grade C grapefruit juice may be darker in color, may contain more pulp, may contain slightly more oil than Grade A, and may not be so delicately flavored. Grade C grapefruit juice like all Grade C canned foods, is wholesome, nourishing, and well-flavored, and may be sweetened or unsweetened.

"There are 3 grades for canned grapefruit, A, B, and 'Broken.' Grade A canned grapefruit is carefully selected for size, color, texture, and flavor. Grade B is a choice product, which may lack the uniform excellence of Grade A. Broken grade canned grapefruit may be of very good quality but is packed from broken grapefruit segments.

"Consumers should remember that canned grapefruit and grapefruit juice are not legally required to be graded. Therefore, if consumers want these very useful grade statements on the canned citrus they buy, they must ask for them at their grocery stores."

GLOSSARY FOR THE KITCHEN

Do you know what to do when a recipe says to "cut in"? What's the difference between braising and frying? Would you "beat" a cake mixture when the recipe said to "fold"?

"To solve these riddles of the kitchen, a cookery lexicographer in the Department of Agriculture has compiled a simple glossary of everyday words and phrases used in cooking," reports the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. Here are a few of them:

"SIMMER: To cook in water that is about 185 degrees F., that is, in water that never quite comes to a boil. Simmering is a gentle cooking process that gives you tender pieces of meat in a rich gravy.

"FRY: To cook in fat. There is deep fat frying, a method by which the food being cooked is covered with fat, or there is pan frying where just enough fat to prevent the

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food from sticking is used. Foods also may be fried in their own fat, say bacon or sausages.

"BRAISE: To brown in a little hot fat and then to cook in steam with or without added liquid. Swiss steak and pot roast are examples of braising. Inexpensive cuts of meat when properly braised become tender enough to cut with a fork. Vegetables, like celery and carrots, may also be braised.

"CUTTING IN: To mix fat into flour by cutting the fat into little pieces, either with a knife, fork, biscuit cutter, or pastry blender.

"BEAT: To agitate with a regular rhythmic motion that lifts the mixture over and over in such a way that air is forced into the mixture. Beating may be done with a spoon, a wire whip, a Dover beater, or a mechanical beater.

"FOLD: To combine beaten egg whites with the thicker part of the mixture for a cake, a souffle', or a puffy omelet. In order to make the fold, the spoon or egg whip is put straight down to the bottom of the bowl and then turned under the mass and brought straight up. In this manner layers of the thicker mixture and the egg whites are mixed together."

TUFTS AND TICKING FOR MATTRESSES

"Mattress ticking should be closely woven to prevent dust working its way through into the mattress and to prevent hairs and fibers from working their way out," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. "It shouldn't stretch, shrink, or fade from laundering, exposure to light, or from perspiration. Consumers should insist on explicit label guarantees.

"Hospital buyers ordinarily purchase mattresses with an 8-ounce ticking; that means a yard of ticking 32 inches wide weighs 8 ounces. Home economists, too, urge consumers to insist on at least an 8-ounce ticking. Tickings in 6-, 7-, 8-, and 9-ounce weights come on commercial mattresses, and the thing to remember here is that the heavier the ticking the more durable it is likely to be.

"Federal specifications call for ticking with blue and white stripes. As a rule printed tickings and brocades are less durable than plain weaves.

"Tufts hold the mattress together and prevent the filling from slipping out of place. Tufts should be arranged in a diamond pattern on the mattress and should be made of twine or tape which is drawn through both sides of the mattress, knotted, and then securely fastened at the ends with a metal strip or a rubber or composition button. Cotton tufts are not regarded as acceptable."

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VOLUME IV, NUMBER 7 JUNE 23, 1941.

START A SUMMER LUNCH PROGRAM

"Last year almost a quarter million children benefited from summer lunches, reports the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. "These lunches operated in community centers, playgrounds, parks, and schools. Camps for underprivileged children made good use of the summer lunch program.

"In the District of Columbia, summer lunches were served to nearly 5,000 children in 61 city schools. A typical lunch consisted of a baked bean sandwich, a bread and butter sandwich, raw carrot sticks, stewed prunes, and a half pint of milk.

In Holyoke, Massachusetts, a combination of hot and cold lunches, prepared in 9 strategically located kitchens, went to over 800 children every day.

"In Chicago, a neighborhood council and a youth organization joined forces with the WPA to serve 1,200 children daily in 6 shifts.

"In Denver, schools and churches banded together to bring lunches to 2,500 children--2 years old and up.

"The smallest as well as the biggest community can have a summer lunch program for its undernourished and needy children. Now is the time to start a summer lunch program in your community. Help and information on how Government will supply foods is available by writing the State Director of Public Welfare in your State, or directly to the Surplus Marketing Administration, U.S. Department of Agriculture, Washington, D. C. The SMA also has a leaflet, 'Summer Lunches for Hungry Children,' describing the program in detail, which is free to all interested."

HOW TO BUY AN ELECTRIC IRON

"Irons vary in size, shape, finish and construction," declares CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Irons with narrow points, beveled edges, tapered sides make it easier to get around buttons, smooth out pleats and gathers. Rounded back corners help to prevent wrinkling in backward sweeps of the iron.

"You don't need a heavy iron to do a good job. Light irons work just as well on the laundry and much better on the laundress.

"The wattage necessary to maintain proper ironing temperature depends somewhat on the construction of the iron. An iron of under 800 watts may not heat quickly, nor maintain its heat on heavy, damp pieces. As a rule, the higher the wattage, the higher the original cost.

"Ironing surface should be perfectly flat and smooth. It should be made or finished in a non-corrosive metal such as chromium so it will stay smooth. Nickel plate may tarnish. Avoid thin plating which often peels off.

(MORE)

"The handle should be large enough so your hand does not fit all the way around, longer than your palm is wide, and made of a material which won't conduct heat. Be sure there's no danger of your hand touching the hot metal parts of the iron.

"A temperature control adds to original price, but it may reduce ironing costs by saving electricity. By preventing overheating, and keeping temperature uniform, a control may prolong the life of the heating element and eliminate scorching.

"A steam iron is the kind especially useful to dressmakers and people who press trousers. This type is not recommended for ordinary home work; it may be more expensive, awkward to handle, and is not always a substitute for the dampening that linens, cottons, rayons, and some silks need if you are to get good results.

"Safety and wear standards for cords are assured by looking for Underwriters' Laboratories' bands on the cords. The red band means a cord will stand at least 3,000 flexings; the gilt band means it will withstand at least 10,000 circular twists without wearing through.

"Make sure you understand what the guarantee covers and for how long. Irons listed by the Underwriters' Laboratories as being safe from fire and shock hazard can usually be depended on for durability, too."

ON THE AIR

If you're an easy victim of poison ivy and don't know what to do to clear up the itch, listen in to CONSUMER TIME on June 28, for details for a brand new treatment just announced by the Public Health Service.

Consumer reporters on the program, weekly Saturday morning broadcast for consumers, will tell listeners of the new treatment, how to use it, and what success Public Health Service officials have reported from its use. The program will go on the air at 12 noon, Eastern Daylight Time, (11 A. M., E. S. T.).

In addition, reporters will tell how to use meat specialties, how to buy them, and what their food value is.

You will also hear how you can get valuable free Government bulletins and "Consumer Tips" cards if you tune in to the broadcast.

The program, produced by the Consumers' Counsel Division of the Department of Agriculture in cooperation with other Government agencies, is heard over the Red Network of the National Broadcasting Company.

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CONSUMER NOTES • CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 8 JUNE 30, 1941

PICKING PORK CHOPS

Here's a chart to refer to when you want to know different cuts of pork and how they should be used. It appeared in CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture, which said:

"Best quality cuts of fresh pork are wrinkle-free, with a thin, smooth skin. High-quality flesh is firm; poor quality, soft and flabby. Top-grade hams have a moderately small shank, and are short and thick. Look for soft, red bones and fine-textured flesh in the best grades of spareribs and pork loin. Remember to cook all pork thoroughly."

CUT	USE
Low-Cost Cuts:	
Hind feet	Boiled, pickled
Spareribs	Baked, boiled
Spareribs (half sheet)	Baked, boiled
Neck bones	Cooked like spareribs
Jowl butts	Sliced, fried, seasoning for vegetables
Forefeet	Boiled, pickled
Medium-Cost Cuts:	
Brisket (forepart of bacon)	Seasoning for vegetables
Cured picnic	Baked or boiled, fried or braised
New York style shoulder	Cooked like ham
Picnic butts	Cooked like ham
Boston butts	Cooked like ham
Loin butts (end of pork loin)	Roast
Cured hams (purchased whole or half)	Baked, boiled, fried, broiled, or braised slices
Fresh hams	Roast, braised steak
High-Cost Cuts:	
Bacon (without rind)	Broiled, fried
Cured ham, center slices	Broiled, fried, braised
Fresh pork loins	Roast, crown roast, braised chops
Cured pork loins	Canadian style bacon
Other Edible Parts:	
Heart	Stew, braised
Kidney	Stew, meat pie
Liver	Fried, braised, liver loaf, liver paste
Tongue	(Fresh, corned, pickled) Boiled
Brains	Fresh, braised, scrambled
Tail	Boiled
Ears and snout	Boiled
Head	Headcheese, scrapple

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BE A VITAMIN-SAVER

Most people, unless their doctors tell them differently, can get all the vitamins they need if they eat enough of the right food that has been properly prepared.

But proper preparation of food requires some special rules in order not to lose the vitamins down the drain. Here are some practical suggestions from the Bureau of Home Economics, as reported by the Consumers' Counsel Division of the Department of Agriculture.

"1. Don't stir air into foods while they are cooking.

"2. Don't put foods through a sieve while they are still hot.

"3. Don't use soda in cooking green vegetables. The soda may keep the vegetables green, but destroys some of the vitamins in the process.

"4. Use as little water as possible in cooking. When boiling foods, bring the temperature to the boiling point as fast as possible.

"5. There are lots of vitamins and minerals in the water used to cook vegetables. So don't throw the water away but serve it with the vegetables, or use it in gravie sauces, or soups.

"6. If you plan to chop up fresh fruit or vegetables for salads, do the chopping just before you serve them.

"7. Cook quick-frozen foods before they have thawed out. If the frozen food is to be eaten raw, serve it immediately after it has been thawed out."

ON THE AIR

Consumer reporters from the Department of Agriculture will discuss the new rules governing the sale of margarine during the weekly broadcast of CONSUMER TIME on Saturday morning, July 5, at 12 Noon, Eastern Daylight Time (11 A.M Eastern Standard Time). They will also report to listeners facts about economy and food value of margarine.

Donald E. Montgomery, Consumers' Counsel, will speak during the broadcast on a problem of timely interest to consumers.

The program is produced by the Consumers' Counsel Division of the Department of Agriculture in cooperation with other Government agencies. It is heard over the Red Network of the National Broadcasting Company.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 9 JULY 7, 1941

FOR A HEALTHIER AND HAPPIER AMERICA

"I think we can all agree that no man, woman, or child in the United States should be allowed to starve," said M. L. Wilson of the U. S. Department of Agriculture in addressing the National Nutrition Conference for Defense. "That is the very least this vast and fruitful land should promise its sons and daughters. But having pledged ourselves to that proposition we find we are committed to a good deal more than might be imagined. We find that starvation can be hidden, subtle and slow, as well as desperate and dramatic. We find that science has uncovered starvation in places where it was not supposed to exist, in high and middle places as well as in the low.

"Call it malnutrition, call it under-nourishment, call it dietary deficiency or what you will -- when men and women and children fail to eat the foods that give them full life and vigor, they are in fact starving. Here then is the challenge we must face: We are pledged to the proposition that no one in this great democracy shall starve, even with hidden hunger, and we are faced with the fact that 40 percent of our people have poor and inadequate diets.'

SELECTION AND USE OF LAMPS

Decide what kind of light you require, then choose the right type of lamp to do the job, advises the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Floor lamps for study and reading give general illumination indirectly when equipped with diffusing bowls, and at the same time direct lighting is provided for fairly close work without eye strain. Use a 100-watt bulb for an 8-inch bowl, a 150-watt bulb or a 50-100-150 3-way bulb for a 9-3/8-inch bowl, and a 100-200-300-watt 3-way bulb for a 10-inch bowl. The lamp should be placed beside and slightly to the rear of lounge chairs; directly behind a davenport; or to the left or right of desks or tables used for study; and at the piano.

"Bridge lamps give semi-indirect lighting for general room illumination and direct light for specific tasks. Use a 100-watt bulb for an 8-inch bowl, and a 150-watt or 50-100-150-watt 3-way bulb for a 9-3/8-inch bowl. Place the lamp beside chairs or near small writing desks and tables.

"Desk lamps are not recommended when they throw a direct undiffused light on the book you're reading or the paper you're writing on. Reflection of the light causes glare, is likely to cause eye strain.

"Table lamps should be placed on the left-hand side of the desk or table for use by the right-handed and on the right-hand side for use of the left-handed. May also be placed in the center of a large table or on a small table

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with chairs clustered around it. Should stand high enough to give a broad spread of light, but not so high that the unshaded light shines in the eyes. Use a 100-watt lamp for an 8-inch diffusing bowl, and a 150 watter or a 50-100-150-watt 3-way bulb for a 9-3/8-inch bowl.

"End table lamps come with a shade and an 8-inch diffusing bowl which takes a 100-watt bulb. They are decorative, give general lighting and sufficient illumination to enable a person sitting beside them to read or study. Place the lamp directly to the side of the chair or sofa on a table about 26 inches high. The lamp shade should be broad enough at the bottom to light up the work being done by the person in the chair."

ON THE AIR

On July 14, the new Wool Labeling Act, passed last year by Congress, will go into effect. What does it require? What will have to be on the label? What does the law mean to consumers? Will it tell you anything about quality of wool fabrics?

For the answers to those questions, tune in to CONSUMER TIME, weekly radio program of the Consumers' Counsel Division of the U. S. Department of Agriculture, on Saturday morning, July 12. Consumer reporters will discuss the requirements of the law and tell you how to read the new wool labels.

The program will also bring you quality tips on buying mayonnaise and other types of salad dressings, together with information about laws covering these products. Facts on hot weather care of these products will likewise be broadcast.

CONSUMER TIME is heard every Saturday morning of the year over the nationwide Red Network of the National Broadcasting Company. Produced by the Consumers' Counsel Division in cooperation with other Government agencies, it goes on the air at 12 noon, eastern Daylight Time (11 A.M., Eastern Standard Time).

CONSUMER NOTES
LIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 10 JULY 14, 1941.

A NEW DEFENSE AGAINST MILDEW

All it takes is a good laundry soap and a few ounces of cadmium chloride crystals to make shower curtains and similar fabrics mildew-proof.

Bureau of Home Economics' scientists in the U. S. Department of Agriculture have just announced a new mildew-proofing treatment using these 2 materials, reports the Consumers' Counsel of the Department.

The way to do it is this: First make a good suds using about 2 ounces of mild soap or soap flakes to a gallon of water.

Then, in another container make a solution with the cadmium chloride crystals, using about 2 ounces of the crystals to a gallon of water. The crystals can be bought in a drug store at about a dime an ounce.

Heat both solutions to a boil. Put the fabric to be mildew-proofed in the soap solution first, leaving it there 10 minutes. Wring it out and then let it soak for a half hour in the cadmium chloride solution.

Hang the fabric out to dry just as you would any laundered material. The treatment should be repeated after about 5 launderings. It will not damage or change the color of the fabric in any way.

You can also check mildew by hanging the curtain out in the sun for several hours every week. Be sure it dries rapidly every time it is wet, and don't let it hang in wet folds.

BUYING TIPS FOR THE CITRUS CONSUMER

"When buying oranges, steer clear of puffy fruit, creased fruit, excessively light fruit (light in weight), fruit that looks water-soaked, moldy fruit, or fruit that is wilted, shriveled, or flabby," cautions the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

"Don't be alarmed by slight scars, scratches, or discoloration. Rusty discolorations or greenness do not always affect the quality of the fruit.

"Best buys in oranges will be firm, heavy, and will have fine-textured skins. The loose skins on tangerines make them feel puffy. To get good quality, watch for heaviness and brick red coloring.

"Juiciest grapefruit are thin-skinned and heavy. Coarse-skinned, puffy, or spongy grapefruit are all right, but they will contain less juice. You can ignore slight scars, thorn scratches, discolorations, scales, and even large rusty patches on the fruit. They don't affect the taste or the juice content.

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"Deep yellow-colored lemons appeal to your eye, but if it's acid quality you want, select the lighter-colored varieties or the greenish yellow kind. The deeply-colored lemons are likely to have more juice, but less acidity.

"Look for fine-textured skins in lemons, and heaviness. Coarse-skinned, lightweight lemons are less desirable.

"About the same principles apply to limes. The greener limes are more acid than the yellow ones, the heavier ones are juicier than the light ones, and light, shriveled, hard-skinned, or soft limes are likely to be worthless.

"Limes and lemons, incidentally, keep better in the home if you store them submerged in a jar of water. That way they are less likely to dry out or rot."

ON THE AIR

Using reducing preparations such as thyroid extract, reducing salts, and the like can be a very dangerous business if you fail to get the advice of a physician. Consumer reporters will tell you how these drugs can be dangerous and why you should be wary of them, during the regular weekly broadcast of CONSUMER TIME, on Saturday morning, July 19.

Not only will they tell you how these drugs should be used; they will also report on regulations governing the sale and labeling of the drugs put into effect by the Food and Drug Administration.

Switching from this subject, the reporters will bring hints straight from the laboratories of the Department of Agriculture on how to wash your windows easily and efficiently.

The broadcast goes on the air every Saturday morning at 11 A.M., Eastern Standard Time (12 Noon, Eastern Daylight Time). It is heard over the Red Network of the National Broadcasting Company and is produced by the Consumers' Counsel Division of the U. S. Department of Agriculture in cooperation with other Government agencies.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 11 July 21, 1941

PASTE THESE RULES ON YOUR REFRIGERATOR DOOR

Your refrigerator will do a better job of keeping foods fresh and cool if your family follows these rules, suggested by experts in the Department of Agriculture:

1. Don't open the refrigerator door any more than necessary. Every time you open the door, warm air rushes in, and the job of cooling has to be started all over again.
2. Keep food in its proper place. Very perishable foods -- like milk, butter and uncooked meats -- should hug the coldest part of the refrigerator. That's the spot nearest the ice or the cooling unit. Left-over custards, puddings, creamed vegetables and the like also belong in this spot. Take eggs out of their carton before putting them in the refrigerator. Vegetables should be washed, then placed in a covered vegetable pan. Berries and cherries should be spread out on a tray and covered with paraffin paper.
3. Cover foods such as milk and butter to keep out dirt and prevent them from picking up odors of other foods. Left-over meats, vegetables, fruit juices and salad vegetables should all be covered.
4. Keep hot or warm foods out of the refrigerator as much as possible. Keep out containers and paper bags and all foods not requiring refrigeration. Vegetables such as carrots and turnips keep at room temperatures, and fruits to be used immediately don't have to be cooled.
5. Wipe up spilled food in the refrigerator as soon as you can. That keeps bacteria away and saves you from a much more difficult job later on when the food hardens.
6. Clean the refrigerator once a week. Defrost it, take out all food, and wash the inside of the cabinet, including shelves and containers, completely.

HOW TO BUY MEN'S SHIRTS

"When you buy men's shirts, look for a firm, smooth fabric with minimum sizing, no loose threads, floats, or fuzzy surfaces," advises the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. "Novelty shirts with designs, stripes, or checks of rayons don't stand constant laundering as well as plain materials.

"The collar should be the right height for the neck of the wearer; points should be sharp, stitched evenly and should lie flat. Several rows of stitching on the inside of the neckband will keep the collar firm.

"Sleeves should be cut in one piece, but if pieced at the back of the arm, they may still fit properly. Work shirts need a double fabric at the elbow.

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"Sleeves should also be pleated or gathered evenly to the cuffs. The placket should be long enough for the cuff to be ironed flat. A button halfway up the placket keeps the cuff neat and even.

"The back should be full-cut, with pleats or gathers set over the shoulder blades, not in center of the back, where they do little good. The shirt should be cut longer at the center back.

"Buttons should be sewed on with strong thread shanks. Low quality buttons are cloudy, rough, uneven, chipped, with holes off center.

"Seams in good quality shirts have 18 to 20 stitches to the inch; work shirts, 12 to 16 stitches to the inch.

"Size of collar and sleeve length should always be stamped on the shirt. Tight shoulders, short sleeves, or tight neckband all mean poor fits. Size stamp sometimes looks like this: '15-4.' This means a 15 neckband and a 34-inch sleeve.

"And, finally, be sure to buy shirts with a shrinkage guarantee on the label."

ON THE AIR

Tune in to CONSUMER TIME on Saturday morning, July 26, for a report on the cause and treatment of hay fever. Consumer reporters from the Department of Agriculture will tell you what you can do to help eradicate its cause -- ragweed -- in your community.

Also on the broadcast will be a description of the new mildew-proofing treatment recently developed in Bureau of Home Economics laboratories.

The program is presented weekly by the Consumers' Counsel Division of the Department of Agriculture in cooperation with other government agencies. It goes on the air every Saturday morning at 11 A.M., Eastern Standard Time (noon, Eastern Daylight Time), over the Red Network of the National Broadcasting Company. Write the Consumers' Counsel Division, Department of Agriculture, Washington, D. C., for the call letters of the station nearest you to whom the program is made available.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 12 July 28, 1941

FOLLOW THESE BUYING RULES

Here are 8 rules to economy and smart buying suggested by the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"First, at the beginning of your buying week, make out your shopping list for the entire week. Buy as much as you can of the things you'll need for the week at one time. This will enable you to make savings by buying in quantity.

"Second, buy by weight or measure, not by cents' worth. Don't ask for 24 cents' worth of stewing meat. Decide how much you need, and buy that much after you have learned how much it is a pound.

"Third, watch your weights and measures, and not only the butcher's scales. When there are several different brands of a canned food on the grocer's shelf at different prices, read the label to see how much each can contains, then work out for yourself which is the cheapest can per ounce.

"Fourth, buy cash and carry when it is cheaper than charging and sending. For example, milk might cost 13 cents delivered, but only 11 cents if you buy it in the store.

"Fifth, look for U. S. Government grades when buying foods: A, B, C grades for canned foods; Prime, Choice, Good, Commercial, and Utility for beef, veal, and lamb; AA (Special), A (Extra), B (Standard) for eggs. For some purposes the middle or lower grades with less eye appeal are as satisfactory as top grades and are equally nutritious.

"Sixth, be versatile when you shop. Keep your eyes open for an alternate choice which is cheaper but which serves the same purpose. For example, when pork's a bargain and beef's expensive, don't be too rigid about your meal plans.

"Seventh, watch the seasons of food so you can take advantage of foods that are especially plentiful because that's when they are cheapest.

"Eighth, buy in bulk when bulk buying enables you to save the cost of packaging. If such foods as rice, sugar, noodles, spaghetti, dried fruits, are sold in bulk, see how much you can save buying that way."

LOOK AT THE UNDERSIDE, TOO

"When you buy furniture, ask the salesman to turn the piece you are considering upside down," suggests the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Then look for corner blocks, which are nothing more than small triangular-shaped pieces of wood placed at the joint for reinforcement. They should be notched to fit the joint and attached with screws, and their grain should run diagonal to that of the wood they reinforce. Badly made furniture may lack corner blocks altogether or else have them nailed or

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glued to the piece in haphazard fashion. In some chairs--notably the bentwood types--lack of corner blocks is not a sign of inferior construction since they would be impractical to use.

"To spot bad workmanship, notice whether glue has oozed out along joints or corner blocks and dried in a brittle mass that flakes off under your fingernail. That means not only sloppy construction but also a poor quality glue.

"Likewise you're taking chances with a piece whose joints are not compactly set or where small cavities in the joint betray a poor glueing job.

"With the desk or table or sofa tipped on end, that is the time to examine bottom surfaces to see that they are sanded smooth, not rough and splintery, and are shellacked or similarly finished. That is the time, also, to look for nails, poorly glued joints, and split panels where screws have not been properly inserted. Notice the grain of the legs of chairs and tables. If it does not run vertically, following the longitudinal axis of the leg, but runs diagonally, it may mean future trouble due to breaking across the grain."

CONSUMER TIME

Are you ready for August "White Sales?" Do you know the things to look for when you go to buy sheets -- so you'll be sure to get your money's worth? If you'd like to get some consumer facts about sheets, tune in your radio on Saturday, August 2, at 11:00 o'clock, Eastern Standard Time. CONSUMER TIME, a radio series produced by the Consumers' Counsel in the Department of Agriculture, and presented in cooperation with Defense and Nondefense agencies of the United States Government working for consumers, brings you the consumer information you should have to make an intelligent purchase.

On this same program, you will hear how everyone can help in our National Defense program by seeing that no food goes to waste. You will find out how you in your local communities can help to conserve our food supplies -- to help see that everyone gets enough to eat.

Donald E. Montgomery, Consumers' Counsel, will be on the program to bring you the latest news along the consumer front. Remember the time: 11:00 A.M. Eastern Standard Time, Saturday, August 2, over the Red Network of the National Broadcasting Company.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 13 AUGUST 4, 1941

KNOW WHAT "COLORFAST" MEANS

Next time you find a label marked "colorfast" ask yourself this question: "Colorfast to what?"

"You should know whether a fabric marked 'colorfast' is fast to soap, or boiling, or sunlight, or perspiration, or uric acid, or what," says the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the A.A.A.

"No dye yet discovered will remain permanently fast under all conditions. For cotton goods, vat dyes are the best, but they are the most expensive.

"Some cotton fabrics are printed, not dyed. You can tell them by the difference in shade between the top and back of the fabric. In general, dyed fabrics keep their good looks much longer than printed ones, though this may vary with the quality of the dye used.

"You can do your own color-testing with samples this way: (1) put a piece directly in the sunlight, with part of it covered with cardboard, and see if the sun bleaches the uncovered part after several hours' exposure; (2) wash a sample with soap, and notice whether it fades. These two tests sometimes spot a fabric that will fade with general use."

TO WOULD-BE SYLPHS

"Lord Byron, it is said, during his lifetime drank gallons of vinegar in the unpoetic belief that it would keep his weight down," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. "A great poet, Lord Byron was a terrible nutritionist, for vinegar has no power over a bulging waistline, and the theory that it does, which still persists, is a food fallacy.

"Fallacious, too, is the belief that exercise is the best way to take off fat.

"The way to take off fat is to ingest each day fewer calories than you use up in living. Then the body, to make up the deficit, taps that fat that is stored under the skin and around the muscles and other body tissues.

"But while you're living on your own fat, it's important to see to it that the body is getting all the essential nutrients it needs. This means that you continue to eat well-balanced meals while you ease up on the high calorie foods, fats, and carbohydrates. Just as there is no one food that is the source of health, so there is no single food or device that is the source of a sylphlike body, if that's what you want."

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CONSUMER NOTES ● CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

FACTS ABOUT EVAPORATED MILK

"Seventeen ounces of evaporated milk contain practically the same nutrients as one quart of fresh whole milk," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

"Evaporated milk is an excellent source of vitamin G (riboflavin) and a good source of vitamin A. It can be reinforced with vitamin D, so as to make it a better source of this nutrient than fresh untreated whole milk. When evaporated milk is reinforced, the label must say 'with increased vitamin D content,' or 'vitamin D content increased.'

"While the heat necessary for evaporation changes the taste of the milk slightly, giving it a cooked flavor, the heat treatment has its advantages. The casein in the milk (the most important protein) is affected by the heat so that in most cases it is easily digested by invalids and children. The result is a curd which is similar to that of mothers' milk. Evaporated milk is also homogenized, that is, the fat globules are reduced in size and distributed evenly through the milk.

"Evaporated milk is bacteria-free when a can of it is opened. After it is opened, however, it should be kept cool like any other milk."

CONSUMER TIME

Tune in to CONSUMER TIME on Saturday, August 9, for the program of the Consumers' Counsel in the Department of Agriculture for information about fresh peaches, and some hints from the Agricultural Marketing Service. And Donald E. Montgomery, Consumers' Counsel, will also be on the program.

CONSUMER TIME is a regular weekly broadcast of the Consumers' Counsel in the Department of Agriculture, and is presented in cooperation with Defense and Non-defense agencies of the United States Government working for consumers. It is carried by the Red Network of the National Broadcasting Company, and is broadcast from Washington, D. C. at eleven o'clock, Eastern Standard Time.

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CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 14 AUGUST 11, 1941.

RULES FOR FOOD IN HOT WEATHER

"Food you eat and liquids you drink have a lot to do with your comfort in hot months," writes the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

"In hot weather you don't have to completely change your diet habits, but you should eat less of the high caloried foods, such as fried foods, pastries, rich gravies, heavy soups, starches, and fats.

"Take advantage of the seasonal bargains in fresh fruits and vegetables. Eat plenty of them for the valuable additions they bring in vitamins and minerals. Lean meat, fish, and poultry, along with milk, eggs, and cheese are good warm weather proteins.

"Drink at least 6 to 8 glasses of water a day to make up for the loss of water through the sweat glands. Be sure also to replace the salt lost from the body through perspiration. If you perspire excessively when you work, drink slightly salted water or eat salty foods occasionally as a guard against loss of too much salt from the body. And if you are one of those who fall on the point of heat prostration every time the temperature and humidity go up, it might be wise to check with your doctor about using salt tablets to ward off heat exhaustion.

"Drink fruit juices in ample quantity, too, but don't let them displace the pint of milk a day for the adult or the quart a day needed by children.

"Keep all perishable foods in the refrigerator until ready to be used. Be particularly leery of holding leftovers more than a day or 2, especially custards, creams, cooked and ground meats, and fish.

"If you are picnicking, pack your food with ice to keep it fresh and cool. Make salads and sandwiches shortly before you leave, and keep vegetables crisp in waxed paper until you actually sit down to eat. Be wary of uncertified water supplies in the country; look for a report by your State Health Department on safe water."

HOW FRESH AND CANNED CITRUS COMPARE

"It isn't very easy to set up a standard of comparison between canned citrus (lemons, oranges, grapefruit, etc.) and fresh citrus," says the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture, but these estimates may be useful:

"Canned citrus has about 80 to 90 percent of the Vitamin C strength (ascorbic acid) of the fresh fruit.

"A No. 2 can of grapefruit segments is the equivalent of 2 average sized grapefruit (No. 70).

"Ten ounces of lemon juice is the equivalent of 9 average sized lemons (No. 350).

(MORE)

"A No. 2 can of grapefruit juice contains as much juice as 3 average sized grapefruit (No. 70).

"Keep canned citrus and citrus juice in the ice box. Just before you drink the canned juice, try restoring the air that was originally forced out of it. You do this by pouring the juice back and forth between 2 glasses or by stirring with an egg beater."

HOW SMART ARE YOU?

Here are some of the examination questions which the boys in one Army camp must answer before they can be certified as full-fledged cooks and bakers, as printed in the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture. Use them for giving yourself a kitchen quiz on efficient cooking.

"Give names of 4 foods in which each of the following is found -- Ascorbic Acid (Vitamin C); protein; carbohydrates; iron.

"What has the cooking of food to do with its nutritive value?

"Tell how to care for bake pans and iron kitchen utensils.

"What does baste mean?

"What is the difference between lard and lard compound?

"What is a balanced diet?

"Explain these terms -- roasting, parboiling, simmering.

"Why are soups and gravies important in mess (on the dinner table)?

"Name 12 methods of cooking.

"Give 6 ways to use leftover bread.

"Give 4 important rules in making coffee.

"What precautions should be taken when cooking in deep fat?

"What causes rancidity in bread?

"Name the cuts from the fore and hind quarters of beef and tell what uses they are best fitted for."

CONSUMER TIME

CONSUMER TIME on August 16, will tell consumers how to take care of their automobiles so that they can get the most out of the gasoline and oil they use. This information is good at any time, but especially now. Tune in and find out what the Consumers' Counsel has to say about "Your Car and National Defense." On this same program, CONSUMER TIME will give buying hints about electric appliances.

This broadcast is a regular weekly series designed for consumers, and is produced by the Consumers' Counsel Division in the U. S. Department of Agriculture. It is presented in cooperation with Defense and Non-Defense agencies of the U. S. Government working for consumers. The time is 11:00 A.M., Eastern Standard Time, Saturdays, over the Red Network of the National Broadcasting Company.

CONSUMER NOTES • CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 15 AUGUST 18, 1941

WITH GOOD FOOD WE CAN BUILD ANYTHING

"The people in every nation today are living under great physical and nervous strain," said Henry A. Wallace, Vice-President of the United States, addressing the recent National Nutrition Conference for Defense.

"We in the United States, to keep our nerves healthy under such conditions, need the right kinds of food as well as the right attitudes.... Whether it be children, whether it be workers, whether it be soldiers, the first step toward a happy, confident attitude is an abundant supply of the right kind of food. On a foundation of good food we can build almost anything. Without it, we can build nothing."

BUYING A BATH TOWEL?

Labels on towels rarely, if ever, give facts that will aid in wise purchasing. But here are some tips from the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture, to help you get value next time you buy:

"Fabric: Examine foundation cloth carefully. In good towels, it should be closely woven, firm, and well covered with pile loops. Pile should be soft and fluffy. Cheap towels have low yarn count, loosely woven foundation fabric, and low weight. The loops are often few and far between.

"Pile: Pile loops determine drying quality of towel. Must be soft, reasonably close together, sufficiently long, and not too tightly twisted. The more pile yarns there are to the inch, the more loops. Loops about one-eighth of an inch long are best. Longer loops are liable to catch and pull out. Fancy weaves cut down the number of pile loops and reduce the drying capacity of the towel.

"Edge finish: The best towels have selvages. A hem or a lock stitch of the cut edge is usually an indication of lower quality. Hems often draw, the stitching breaks, and the raw edges soon ravel. Lock stitching is not always durable. It may break and let the raw edges fray badly.

"Hems: All raw edges should be turned under at least a quarter of an inch, more if hem is in the terry fabric instead of in plain material. Hold hem up to light to determine how much it has been turned under. Hems should be backstitched at corners.

"Size: Measure size of towel according to the amount of terry, not the end-to-end measurement of the towel itself. Large towels cost more, may be expensive to launder. Choose small towels for children. Remember that bath towels may shrink as much as 14 percent in first 5 washings. This would make a difference of 5 inches in the length of a 36-inch towel."

(MORE)

CONSUMER NOTES • CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

LOOK TO YOUR LAMB CUTS

"Lamb is tender at any age," says the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U.S. Department of Agriculture. 'Spring lamb,' 3 to 5 months old, is most plentiful from May to September. Meat from more mature lambs, 6 to 12 months of age, is most plentiful from September through April.

"Here is a chart to help you compare costs of different lamb cuts and to give you hints on how to use them:

CUT	USE
Low-Cost Cuts:	
Neck	Stew
Shank	Soup, stew, ground-meat patties
Breast	Stew, stuffed roast
Flank	Stew, ground-meat patties
Medium-Cost Cuts:	
Leg	Roast
Square chuck	Boned roast, stew, Saratoga chops
High-Cost Cuts:	
Loin	Broiled loin chops, roast saddle
Rib or rack	Broiled rib chops, crown shoulder roast
Other Edible Parts:	
Heart	Stew, braised
Kidney	Broiled on toast
Liver	Broiled, fried, braised
Tongue, fresh, corned, pickled, smoked	Boiled
Brains	Fried, braised, scrambled

CONSUMER TIME

With all the talk about nutrition, do you know what foods your family should eat each day to keep strong and healthy? Do you know that you can get a low-cost diet that will give you the amounts of vitamins, minerals, proteins, and all the other food elements? On August 23, CONSUMER TIME will broadcast the recommended diet allowances that were accepted by the National Nutrition Conference in Washington some week ago. Facts about electric roasters will be broadcast on this same program.

CONSUMER TIME is a regular weekly broadcast of facts for consumers, produced by the Consumers' Counsel in the U. S. Department of Agriculture, and presented in cooperation with Defense and Non-Defense agencies of the U. S. Government working for consumers. It is carried on the Red Network of the National Broadcasting Company, and is broadcast from Washington, D. C., each Saturday at 11:00 A. M., Eastern Standard Time.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 16 August 25, 1941

BUY SHOES THAT FIT

Buy your shoes by comfortable fit, not size, advises the CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture. Shoe sizes have no exact meaning today because uniform standards for sizing are not in general use, the GUIDE points out.

"Your feet may measure a certain size on the retailer's measuring instruments and still be uncomfortable in shoes marked that size. You can fit your feet with shoes of several sizes, but only one will fit. That's because lasts -- the wooden forms over which shoes are made -- may be marked with the same size but differ considerably in their shape and dimensions.

"When a salesman tells you that you need a different last, he refers to this difference in shape and dimensions.

"There are over 100 different size combinations for men's and women's shoes. Many stores cannot afford to carry in stock all these supplies in all the different styles you wish to choose from, so shop around before you buy and pick your shoes on the basis of how they feel on your feet, if you want shoe comfort."

THROUGH THE CELLOPHANE

Have you ever bought sliced bacon, packaged in cellophane with the wrapper striped red so that the bacon looked meaty and richly streaked with lean? Then have you gone home and pulled off the wrapper to discover that the product was not as lean as you had expected?

If you have had such an experience, then a red letter day for you will be October 1, 1941, CONSUMERS' GUIDE, publication of the Consumers' Counsel Division, U. S. Department of Agriculture, reports.

On that day a new set of regulations will outlaw this practice for all meat products entering interstate commerce. The new regulations have been promulgated by the Secretary of Agriculture under authority of the Federal Meat Inspection Act.

Other practices which are strictly not cricket have also been ruled out of bounds, such as the use of tinted cellophane wrappers on hams and other smoked meats which might give people the impression that the product is more richly flavored and appetizingly smoked than it is.

Safeguards which have been required by the Federal meat inspection service remain in force; meat and meat products intended for interstate or export shipment must continue to be Federally inspected; labels on meat products must be approved by the meat inspection service; label statements and pictures must conform to Federal standards of truthfulness; cereal in sausage and similar products must be declared on the label.

(MORE)

The new rules, generally stated, require that meat or meat food products containing 2 or more ingredients must list the ingredients on a label in the order of their predominance. If there's more water in the sausage than cereal, then water goes ahead of cereal.

"The regulations do not make it any less necessary for consumers to use their wits when they go shopping. Label statements can mean nothing to consumers if they don't read them and act on them," says the CONSUMERS' GUIDE.

ON THE AIR

Do you know what the different grades of tuna fish mean to buyers, and how to pick the one best suited to your needs and pocketbook? If you'd like to get some consumer facts about this popular food, tune in on CONSUMER TIME, at 11:00 A.M., Eastern Standard Time, Saturday, August 30. CONSUMER TIME, a radio series produced by the Consumers' Counsel in the U. S. Department of Agriculture, and presented in cooperation with Defense and Non-Defense agencies of the United States Government working for consumers, brings you each week the information you should have to make intelligent purchases.

On the same program, you will learn the difference between deodorants and anti-perspirants, and how to make a home-made inexpensive deodorant.

Donald E. Montgomery, Consumers' Counsel, will be on the program, too, to bring you the latest consumer news.

Remember the time: 11:00 A.M., Eastern Standard Time, Saturday, August 30, over the Red Network of the National Broadcasting Company.

CONSUMER NOTES • CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 17 SEPTEMBER 1, 1941.

NEW WOOL LABELS

Here's what the "Wool Lableing Act of 1939," which became effective on July 14, 1941, says must now be on all labels of wool products, as reported by CONSUMERS' GUIDE, publication of Consumers' Counsel Division of the U. S. Department of Agriculture:

(a) the amount of new wool in the fabric;
(b) the amount of reprocessed wool;
(c) the amount of each non-woolen fiber in more that 5% of the fabric;
(e) the total percentage of all other fibers;
(f) the percentage of weighting, filling, and other adulterating matter;
(g) the name of the manufacturer and/or the distributor or seller.

Under the terms of the Act, when the word "wool" is used it means virgin or new wool that has not been used before. "Reprocessed" wool is wool that has been woven once, then un-woven and re-woven over again without having been worn or used in the meantime. "Re-used" wool means just what it says; wool that has been used. It is also called "shoddy."

This type of label enables the buyer to know what kind of fibers are in woolen materials but does not give exact information on the wearing quality of the material.

FRUIT FLAVORS FOR MILK

One answer to your troubles in getting fussy children to drink more milk, suggested by chemists of the U. S. Department of Agriculture, is "flavor it with berry juices -- raspberry, blackberry, grape, cherry, or any other you have on hand."

Department chemists recently tried an experiment. They offered a group of children a number of different milk drinks, without saying a word about what was in them. Some of the drinks were combinations of fruit juice flavors and milk. Some were plain milk, some were colored milk, some sweetened and colored milk. The children could choose any mixture they wished. They were told to drink whatever they wanted and to leave what they didn't want in the containers.

Nobody asked their opinion. The investigators simply measured what was left and the results showed plainly that when choosing freely, most of these children preferred milk with an added fruit flavor. Of all the fruit juice drinks, those with berry juice were the favorites.

Try fruit juice flavored milk yourself, the next time the children refuse to drink their plain milk. It should make a hit.

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CONSUMER NOTES • CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

HOW TO TREAT CHIGGER BITES

When your children have been exposed to chiggers, give them a hot bath as soon as possible afterward, advise experts in the U. S. Department of Agriculture. Lather them all over with a medicated soap, scrub hard with a coarse wash cloth to dislodge any chiggers. Let the lather dry on their bodies for 10 or 15 minutes before you wash it off. Sometimes it helps to rub kerosene lightly on the skin before giving the hot bath.

To stop the bites from itching, try ammonia water, strong salt water, or a paste of bicarbonate of soda mixed with water. Touching each bite with collodion (new skin) also relieves itching. If bites become infected, touch them with a mild antiseptic, such as mercurochrome or a solution of iodine.

It is almost impossible to protect yourself or the children completely from chigger attack during the worst season. But try a daily dusting of the children's bodies with fine sulphur, if they are playing where chiggers abound. It will give some protection, entomologists suggest.

ON THE AIR

What are women going to wear for stockings now that raw silk isn't coming from Japan? What kinds of cotton stockings can you buy, and what should you know about them to buy wisely? On September 6, CONSUMER TIME will broadcast facts about the stocking situation, of interest to every woman. On the same broadcast, suggestions for cutting the use of electric power in your home will be given.

CONSUMER TIME is a regular weekly program designed to give facts for consumers. It is produced by the Consumers' Counsel Division of the U. S. Department of Agriculture, and presented in cooperation with Defense and Non-Defense agencies of the U. S. Government working for consumers. It's on the air at 11:00 A.M., Eastern Standard Time, every Saturday, over the Red Network of the National Broadcasting Company.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 19 SEPTEMBER 15, 1941.

A NEW FALL SUIT FOR JUNIOR

If you're buying a new suit for Junior this fall, here are 3 ways to be sure you're getting the most for the money you spend, suggested by textile specialists from the Bureau of Home Economics, of the U. S. Department of Agriculture, reported by CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department.

Point No. 1 is to check the quality of every bit of the cloth, not only the suiting itself but the linings, and, as far as you can, the interlinings, padding and stays, too. Remember, however, that a boy who's growing very fast may be able to get only one winter's wear from a suit, so you may not want to buy the very best grade of material.

Point No. 2, read all the labels. This year new labels required on all clothing containing wool by the new Wool Products Labeling Act will tell you wether the material is made of new wool, reprocessed wool, re-used wool, or a mixture of fibers. Reprocessed or re-used wool doesn't necessarily mean the fabric will not wear well. There are many qualities of wool, and quality standards for them have not yet been made available to consumers.

Besides reading the label, examine the cloth and note how closely woven it is, how much spring and "give" it has when you crush it.

For Point No. 3, be careful about fit. Let Junior try the suit on. It's impossible to go by the size on the label, because sizes of boy's suits are not yet standardized.

A suit with fullness cut into it so that it can be let out is a better buy than one that's too big for Junior. Such features as the bi-swing back, pleated trouser fronts, elastic wasteband, and let-outs in seams and cuffs allow for considerable growth.

The experts say the coat is really the key to the quality of a boy's suit. If it's correctly cut with the weave of the cloth, and well made, the whole suit is of good quality.

CONSUMER QUIZ *

Here are some easy questions you can try on yourself to test your knowledge of the foods you need, buy, prepare, and eat, as printed in CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

1. Which kind of milk is safer to give a small child, raw or pasteurized?
2. Which vitamin is most easily destroyed in cooking, canning, and storing vegetables: A, G, B, or C?
3. What two colors in vegetables are an indication of the presence of Vitamin A?

(MORE)

4. Is the price of eggs usually lowest in April, November, July, or January?
5. Of these foods, which 3 are especially recommended for their Vitamin C:

Cod liver oil	Tomatoes
Beef kidney	Leafy vegetables
Cheese	Peanuts
Oranges	

6. Nutritional night blindness is caused by the lack of which of these food nutrients?

Calcium	Vitamin G
Vitamin A	Phosphorus
Iron	Iodine

ON THE RADIO

Now's the time to get out your winter coats and clothing, look them over, and put them in shape for another season of cold weather. CONSUMER TIME, on Saturday, September 20, at 11:00 A.M., Eastern Standard Time, will broadcast suggestions on how to care for your winter clothes and how to make them usable for fall wear. Listen for valuable hints. Information on how to buy shoes wisely and economically will also be given on this week's program.

A regular weekly series designed to help the consumer, CONSUMER TIME is produced by the Consumers' Counsel Division of the U. S. Department of Agriculture and presented in cooperation with Defense and Non-Defense agencies of the United States Government working for consumers.

Remember the time: 11:00 A.M., Eastern Standard Time, every Saturday over the Red Network of the National Broadcasting Company, and listen in for the latest consumer news.

* To the Editor: Correct answers to the Consumer Quiz are as follows:

1. Pasteurized
2. Vitamin C
3. Green & yellow
4. April
5. Oranges, tomatoes, leafy vegetables
6. Vitamin A

CONSUMER NOTES • CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 20 SEPTEMBER 22, 1941

OPERATING YOUR OIL BURNER MORE ECONOMICALLY

For householders who use oil to heat their homes and want to know how to cut down their oil bills this winter, engineers of the U. S. Department of Agriculture offer these suggestions, reported by CONSUMERS' GUIDE, publication of the Department.

Ask your oil-burner service man to use a flue-gas analyzer in checking up on the amount of oil you burn, they advise. The analyzer will reveal whether or not combustion in your furnace is as complete as possible. If it isn't, have him hunt for any leaks between the boiler sections and around the door, as they may be affecting the efficiency of your burner. Then have him adjust your burner for the proper proportions of oil and air. It has been found more economical in an 8-room house to fire the furnace at the rate of one gallon an hour rather than at a higher rate.

You may be able to save between $15 and $17 a year by adopting slower firing. With oil costing 7 cents a gallon, you may save as much as 200 gallons at no real inconvenience or reduction in the comfortable temperature of your house during the cold months.

BETTER EGGS

Ohioans these mornings are eating better eggs than they ever ate before, reports CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture. The reason is they are buying more Government-graded eggs than ever before. During 1940 the Federal-State grading service graded 8 times as many eggs as in 1932, the first year of the grading service.

Each year the eggs are graded, they get better and better. That's because grading encourages farmers to employ methods that produce top quality eggs to get top prices. This effort to produce top quality raises the average for eggs. In that way, consumers have been helped by grade labels to get a better product than they used to get.

CARING FOR PAINT BRUSHES

How you care for good paint brushes after you use them depends on the type and purpose they are put to, but the Bureau of Agricultural Chemistry and Engineering of the Department of Agriculture offers these suggestions, says CONSUMERS' GUIDE, publication of the Department:

Never allow paint to dry on a brush. When you stop painting even for an hour or so, put the brush into raw linseed oil if it has been used for an oil paint. Keep brushes that have been used for flat finish paints in kerosene. For varnishing, have a special brush that is

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CONSUMER NOTES • CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

never dipped in paint, wash it in turpentine after use. Clean shellac brushes with denatured alcohol and wash calcimine and whitewash brushes in water and hang them up to dry with the bristles down.

When there is a long time between painting jobs, many painters hang their paint brushes in raw linseed oil in covered containers. The brushes should actually hang in the oil, so that the bristles are completely covered but do not touch the bottom of the can.

Another way to store them is to wash off the fresh paint in turpentine or in mineral spirits, then in soap and water. Then dry the bristles thoroughly and wrap the brush up in paper.

ON THE AIR

Nights are getting cooler and blankets coming out of storage at this season of the year. If you're buying any new blankets this fall, be sure to tune in on CONSUMER TIME on September 27, at 11:00 A.M., Eastern Standard Time. You'll hear some useful information about blanket fabrics, size, nap, and weave that you should know before you make your purchase. There'll also be tips on home dyeing, including the differences between dyes, and which dyes you should use with different fabrics.

This broadcast is a regular weekly series produced by the Consumers' Counsel Division of the Department of Agriculture and presented in cooperation with Defense and Non-Defense agencies of the U. S. Government working for consumers. The time is 11:00 A.M., Eastern Standard Time, every Saturday over the Red Network of the National Broadcasting Company.

CORRECTION

Labels on wool clothing and fabrics must tell how much of the following types are in the material: "new wool," "reprocessed wool," "reused wool."
EDITORS PLEASE CORRECT, first story September 1, 1941 issue on "New Wool Labels," note(c) to read "the amount of reused wool." Change (c) to read (d).

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 21 SEPTEMBER 29, 1941.

SELECT OUTING FLANNEL BY THE USE IT'S TO GET

There's a difference in the qualities of outing flannel you can buy for winter bed sheets, summer blankets, pajamas, night gowns, and baby wrappers, and Bureau of Home Economics experts offer these suggestions to help you select the kind you need, reports CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U.S. Department of Agriculture.

For strength, choose a twill. That's the kind that stands up best when used for summer blankets and winter sheets.

Light weight quality is sufficient if you plan to use the outing flannel for babies or night wear.

Look for preshrunk material. All outing flannels shrink in laundering. If the material has not been preshrunk, allow extra yardage, and be sure to wash the material first before you make it into clothes.

Colored outing flannel should be guaranteed fast to light and laundering, or labeled as "vat-dyed." If you can't get this kind, you can get attractive color effects by trimming white outing flannel with colorfast binding, ribbon, or braid.

No definite rules for labeling have been adopted by the outing flannel trade, as for broadcloth shirting and some other cotton goods. But informative labels, when you find them, give you facts about weight per yard, yarn count, breaking strength, and percentage of shrinkage you can expect.

HOW TO KNOW GOOD BACON

If you want bacon, when it's cooked, that is a nice light brown color, crisp and mild in flavor, here's what to look for when you go to buy, say U.S. Department of Agriculture experts, reported by CONSUMERS' GUIDE, publication of the Consumers' Counsel Division, U.S. Department of Agriculture.

The bacon should be firm and rather dry, never oily nor flabby. Look for creamy, white fat, and lean that is an even pink in color. See that it is fine-grained, with a firm velvety texture, free from coarse fibers. Take a little sniff to be sure that the odor is mild, sweet, and meaty. The fat and lean should be well intermixed, too. How much fat and how much lean in the bacon is a matter of personal taste. Some people like a good deal of fat. Others prefer bacon well-streaked with lean, so remember your families prejudices, too, when you buy bacon. When buying sliced bacon, be sure you know just how much fat and lean you are getting. Guard against bacon arranged or wrapped so as to mislead you.

BUY ORANGES BY THE POUND

When you buy oranges, whether for juice or just for

(MORE)

eating, it's a good idea to buy them by the pound, says CONSUMERS' GUIDE, publication of the Consumers' Counsel Division, of the U.S. Department of Agriculture. That way you know how much citrus fruit you're getting for your money.

In comparing prices, remember that different size oranges and grapefruit sell at different prices so be sure you compare prices of the same size when you shop around for the best buys.

Orange sizes are measured by the number that fit into an orange crate. Large oranges range from the biggest size, No. 80 (That is, 80 oranges to the crate) down to No. 126 (126 oranges to the crate). Medium-sized oranges run from 150 to 216 to the crate. Small oranges begin at 250 to the crate and run all the way down to the kind that are almost the size of golf balls, which come 392 to a crate.

CONSUMER TIME

Which variety of apple to buy for baking, for pie or apple sauce, or just to eat raw often puzzles the housewife. Now that the apple season is here again, you'll be interested in timely information about the variety of apple that's best suited to each purpose. CONSUMER TIME on Saturday, October 4, will broadcast facts about apples that will help you choose between the many kinds on the market. Suggestions on how to "fall-proof" your home against dangerous accidents will also be given on this program.

A regular weekly series for consumers, CONSUMER TIME is produced by the Consumers' Counsel Division of the U.S. Department of Agriculture and presented in cooperation with Defense and non-Defense agencies of the United States Government working for consumers.

The time is 12:15 p.m., every Saturday, over the Red Network of the National Broadcasting Company.

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CONSUMER NOTES • CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 22 OCTOBER 6, 1941

HOW TO BUY OVERALLS

When you shop for overalls, check these features, advises CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. Overalls are usually made from denim, twill, covert, or drill. Denim is low cost and good for all around serviceability. The kind that weighs 9.10 ounces per square yard is good for farm work and work around the house. Heavier weights cost more, are heavier but stronger. Lighter weights don't last. Yarn count should be 61 in warp (lengthwise) per inch, 39 in filling (crosswise). Lengthwise breaking strength should be 145 pounds, crosswise 58 pounds.

Twills are of harder finer yarns, and are more resistant to friction and rubbing strain and to dust, oil, and grease. Covert cloth, like twill is a "dressier" material. Drill, worn by soldiers in warm weather, costs more than denim, wears well.

Always ask for colorfast guarantees in denim and look for labels guaranteeing against shrinkage. Stitching should be double or triple, with reinforcement at crotch, in the seat, at strap joinings and at pockets. Seams should be lapped, with 10 or 12 stitches to the inch.

Buckles, buttons, slides, and loops should be of brass and aluminum. Buttons shouldn't be sewed but riveted on with rustproof metal.

NUTTY FORMULA

A nutty formula for the consumer who is too smart to cook by rule of thumb methods has been worked out by the Bureau of Home Economics, says CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture. It answers the bewildering question, how many nuts must you shell to get a cup of nut meats?

The unshelled equivalent of a cup of nut meats varies with the kind of nut, of course. Here are some for the more popular varieties. A half pound of peanuts will give you a cup of nut meats. Slightly less than a pound of filberts will make a level cup. It takes an even pound of almonds, and a bit more than a pound of English walnuts to shell out a measuring cup of their meats. To get a cup of black walnut meats, you'll need about two pounds of the unshelled nuts.

VANILLA AND VANILLIN FLAVORING

Is vanilla flavoring the same as vanillin flavoring? Sometimes even the grocer who sells them can't answer this one, reports CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. The answer is they aren't the same. Pure vanilla extract

(MORE)

is made from the fermented, dried pod-like fruits of an orchid, grown in Mexico, of the genus vanilla. A substance known as vanillin, to which is due much of the flavor and odor of vanilla, is extracted from these fruits, dissolved in alcohol to make vanilla extract. Something that tastes and smells like vanilla, however, can be artificially made from oil of cloves or from other substances. The Food and Drug Administration requires labels on bottles of this kind of flavoring to say that it is artificial flavoring and that it is an imitation of vanilla. But you've got to read the label to find out.

ON THE AIR

No coal shortages are yet in sight but the economical householder always wants to keep his coal bill as low as possible. Tune in on CONSUMER TIME, on Saturday, October 11, if you want some tips on how to do it. The right way to build a furnace fire and how to make your house tight against heat leakages are part of the information you'll hear. Suggestions on buying boys' trousers will also be broadcast on this week's program.

Produced by the Consumers' Counsel Division of the U. S. Department of Agriculture and presented in cooperation with Defense and Non-Defense agencies of the United States Government working for the consumer, CONSUMER TIME is a regular weekly radio program. The time is 12:15 p.m. every Saturday, over the Red Network of the National Broadcasting Company. Tune in next week for valuable consumer information.

CONSUMER NOTES • CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 23 OCTOBER 13, 1941

HOT SCHOOL LUNCHES

Are you planning on serving hot school lunches in your schools this winter for the children who need that nourishing mid-day meal to make them grow strong and healthy? If you are, you may have arranged through your State welfare department to get some of the free foods donated to such programs through the Surplus Marketing Administration of the U. S. Department of Agriculture.

Then the lunch itself is your problem. Here are some tips on planning the school lunch from Dr. Louise Stanley, chief of the Bureau of Home Economics, as reported in CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department.

"Ideally," she says, "a school lunch is made up of one nourishing main dish, a glass or two of milk, fruit or vegetable in some form, bread and butter or a sandwich, and a simple dessert."

That's not a hard and fast rule, of course, for your menu will vary with the facilities for cooking and serving at your school, as well as with the food value of the main dish.

Here are three menus on that pattern:

One is: meat loaf, served with a raw vegetable sandwich, fruit shortcake, and milk. Another is: Spanish rice with salt pork, carrot sticks, or other raw vegetable, bread and butter sandwich, stewed dried fruit, and milk. And the third: vegetable chowder, muffins, prune cottage pudding, and milk.

If you haven't the equipment or space or help to serve a whole noon meal, you can improve the lunch in your school by serving one substantial dish, such as stew or soup, to supplement what the children bring from home. Or if it's impossible to do even that, you can supply a glass of milk or a serving of fruit or a nutritious sandwich filling to be put on the bread that the children carry to school.

YOUR MONEY'S WORTH IN VITAMIN C

Scientists at the Montana Experiment Station, who have been working on the problem of getting your money's worth in Vitamin C from winter fruits and vegetables, offer these suggestions, as reported in CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

In a group of vegetables they tested, 3 were exceedingly high in Vitamin C--cooked fresh broccoli, fresh Brussels sprouts, and stored rutabagas. The stored rutabagas cost much less than the others per serving. Among the very good foods for Vitamin C are other members of

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the cabbage family and canned tomatoes. Stored potatoes, parsnips, squash, and sweetpotatoes are also inexpensive sources of Vitamin C.

Canned citrus juices are good suppliers of Vitamin C, too, and are cheap when purchased in the large cans. Tests showed that the canned juice kept in an open can for 48 hours in the refrigerator was practically as rich in this vitamin as when the can was first opened.

Another point to remember about Vitamin C: It takes two cups of tomato juice to furnish as much Vitamin C as one whole orange does. Tomato juice, in an open can, will keep its Vitamin C for 48 hours in the ice box.

BUYING CAULIFLOWER

Housewives sometimes wonder whether or not cauliflower, because it's white, should be classed as a starchy vegetable. The answer is no, say Bureau of Home Economics experts, as reported by CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

Cauliflower is a member of the cabbage group and a fine source of Vitamin C as well as some of the B vitamins. It's plentiful in the markets this fall. When you buy it, look for a white or creamy-colored head that is firm and compact, with fresh green leaves. Don't buy cauliflower with yellow leaves or spotted curd. As for how much to buy, a medium-sized head will give 6 or 7 servings.

ON THE RADIO

Timely information about how to buy and fry the small tender chickens that are so plentiful in the markets this fall will be broadcast on CONSUMER TIME, October 18, at 12:15 p.m. You'll also hear some valuable hints on the care of paint brushes that will come in handy if you're doing any fall painting jobs around your home.

CONSUMER TIME is a weekly radio series designed to give the consumer news about how to buy wisely and economically. Produced by the Consumers' Counsel Division of the Department of Agriculture and presented in co-operation with Defense and Non-Defense agencies of the United States Government working for the consumer, it is on the air every Saturday at 12:15 p.m. over the Red Network of the National Broadcasting Company.

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VOLUME IV, NUMBER 24 OCTOBER 27, 1941

NOTE TO EDITORS: No issue of CONSUMER NOTES for October 20.

THERE'S VICTORY IN VICTUALS

"Food wins wars. Food makes peace. There's victory for nations where food is plentiful and meals are good.

"That's why American farmers are pledging themselves to work for more food. They have set new goals that should yield more food than America has ever before produced, goals pointing toward the kind of meals nutrition experts say will build a healthy people. Farmers are taking their first steps toward these goals now, in 1941.

"Mrs. America, too, knows there is victory in victuals. That's why she is volunteering to do her part to work for better meals. On the land, and in the kitchen, she is at work, planning meals that will build abundant strength, conserving food values that will make spirits sturdy and bodies radiant with health, preparing foods that will be fun and good to eat.

"Mrs. America has enrolled. Do you want to join in making our Nation strong? You can begin today, in your own kitchen, on your land. That's where one frontier of sound health lies, within the reach of your own hand. That's where you, too, can start to work for victory."

-- CONSUMERS' GUIDE, "Mrs. America Volunteers, Volume VII, No. 20, October 15, 1941.

BUDGETING YOUR INCOME

Here's some advice experts give consumers on making budgets in these days of rising taxes, rising prices, and looming shortages, suggested by CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture.

If your pay increased recently or is increasing, try to save as much of the increase as possible; put it into Defense Savings Stamps or Bonds. Make your savings first when you get your pay check, so it won't all dribble away before you know it.

Before you make any purchases, budget your income. Base your purchases on your needs and not on fear of shortages. Don't weigh yourself down with installment purchases. In general, if you have household appliances or a car that can be repaired economically, repair them instead of turning them in.

Buy what you absolutely have to buy, but for cash if you can. Where you must buy on time, find out exactly what the time payments are costing you and compare the cost with that of borrowing from a credit union.

If you can, stabilize the rent you pay for the next year or 2 by signing a lease if you don't already have one.

(MORE)

In general, buy carefully and check prices. Make sure you know the quality of what you're buying. Buy when you can in quantities where quantity discounts are offered. And when you can, pool your purchases with your neighbors or fellow workers and get quantity discounts that way.

RED SALMON, PINK SALMON, AND CHUM SALMON

The difference between red, pink, and chum salmon is first of all one of price, says CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture. Red salmon is the most expensive, chum the cheapest, with pink somewhere between the two.

There are 5 principal kinds of salmon canned: chinook, sockeye, coho, pink, and chum salmon.

Chinook and sockeye contain more oil than the others, have a more delicate flavor, are less plentiful and cost more. Sockeye is red, chinook ranges from red to white. Chinook salmon usually is sold under that name. Coho is a silver salmon that stands in color, flavor, and oil content somewhere between red and pink salmon.

Pink salmon comes from the humpback, has a delicate flavor, but contains less oil than chinook, sockeye, or coho. It is much more plentiful than the red salmons and sells for less.

Lease expensive canned salmon, chum comes from dog salmon. It is whitish in color when canned, and is considerably less oily than the other varieties.

All five varieties are about equal in food value and all are good sources of Vitamins A and D and of protein. When you prepare salmon, remember that there are valuable vitamins in the liquid; don't pour it off.

ON THE AIR

Consumer reporters will give you timely information about points to look for when you're buying a winter coat this fall, on the weekly broadcast of CONSUMER TIME, Saturday, November 1, at 12:15 p.m. They will discuss different kinds of fabrics, lining materials, and the tailoring and workmanship you should look for to get the best value for your money. How to use lard in cake making, how to keep it, and what the new lard standards mean to consumers will also be included in the broadcast.

Donald E. Montgomery, Consumers' Counsel, will speak on other problems of interest to consumers.

CONSUMER TIME is produced by the Consumers' Counsel Division of the U. S. Department of Agriculture and presented in cooperation with Defense and non-Defense Agencies of the U. S. Government working for the consumer It is broadcast every Saturday at 12:15 p.m., Eastern Standard Time, over the Red Network of the National Broadcasting Company.

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VOLUME IV, NUMBER 25 NOVEMBER 3, 1941

LOW-COST MEALS THAT WILL KEEP YOU HEALTHY

To get a balanced diet that will keep you strong and healthy, at minimum expense, Bureau of Home Economics experts at the Department of Agriculture have taken the good nutrition yardstick drawn up at the National Nutrition Conference last spring and translated its food values into weekly marketing lists in CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department.

If you buy according to low-cost or liberal plan, your menus would include the following quantities and kinds of foods:

Milk: Low-cost meal plan--3 or 4 cups a day for each child; 2 or 3 cups a day for each adult. Liberal meal plan--4 cups a day for each child; 3 or 4 cups a day for each adult.

Meat, Poultry, Fish: Low-cost meal plan--4 to 6 servings a week, often cooked with potatoes, beans, rice, bread crumbs, corn meal, other vegetables and cereals. Liberal meal plan--once a day; often twice.

Breads, Cereals: Low-cost meal plan--bread in some form, every meal; breakfast cereal, every day; rice, hominy, macaroni, and other cereal products 3 or 4 times a week. Liberal meal plan--as desired; a wide variety.

Potatoes, Sweetpotatoes: Low-cost meal plan--usually twice a day. Liberal meal plan--5 or 6 times a week.

Vegetables: Low-cost meal plan--once a day; sometimes twice; include leafy, green and yellow varieties 5 or 6 times a week; use some raw, Liberal meal plan--2 or 3 servings a day; at least one should be leafy, green, or yellow.

Fruit: Low-cost meal plan--once a day; as often as you can, serve Vitamin C-rich fruits. Liberal meal plan--every meal; at least once a day, serve Vitamin C-rich varieties.

Dry Beans, Peas, Nuts: Low-cost meal plan--3 or 4 times a week. Liberal meal plan--about once a week.

Eggs: Amounts suggested for both meal plans include all eggs used in any form--cooked separately or cooked with other foods.

Fats, Oils: For both meal plans--count all fats and oils used in cooking and at table.

Sugars, Sirups: For both meal plans--use in moderation; don't let sweets spoil appetite for other foods; count very sweet desserts, molasses, sirups, honey, jellies, jams, sugars, candies, as sweets.

This marketing guide will give you safe wholesome meals, though they're somewhat limited in variety.

SOYBEANS ARE GOOD EATING

Did you ever eat a soybean? CONSUMER'S GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture, says that here's a bean that is "rich in high quality protein, rich in minerals, and rich in vitamins. They often have the additional virtue of

being a cheaper source of some of these food values which ordinarily come high."

Though the protein soybeans contain is not equal in quality to that found in meat, milk and eggs, it can substitute for one-fourth to one-third the amounts required in a well-balanced diet. They're a good source of calcium and iron, and of Vitamin A, Vitamin B_1, and riboflavin.

In the green form, many varieties are good eating as a table vegetable. The pods are tough and the beans hard to shell, but if the pods are first boiled for 3 minutes, they will shell readily. Dried soybeans have a myriad of uses, baked, as salted nuts, in soup, in salad dressing.

Soybean flour, so far the major food use of the bean, must be mixed half and half with wheat flour to give the desired texture to bread, cake, and cookies.

Other food products made from soybeans include cooking and table fats, noodles, macaroni, infant foods, sauces, and mayonnaise.

USE MILK MORE EFFICIENTLY

One way to make our milk supplies go farther is to make more use of the milk below the cream line, say food experts of the Department of Agriculture, as reported by CONSUMER'S GUIDE, publication of the Consumers' Counsel Division of the Department. Skim milk, which contains all the important milk solids except fat and Vitamin A, should never be wasted. It can be used as all or part of the milk quota in your diet, but if it replaces whole milk, fats and Vitamin A must be added to the diet in other ways to make up the difference.

CONSUMER TIME

If you want to know how to select and roast your fall or Thanksgiving turkey, listen in on the weekly broadcast of CONSUMER TIME on Saturday, November 8, at 12:15 p.m. You'll hear some valuable buying and cooking hints that will save you money and insure a tasty holiday bird.

Carbon monoxide poisoning is always a danger in the winter months when garage doors are kept closed. How to prevent it, its symptoms, and what to do till the doctor comes, will also be discussed on this week's program.

Donald E. Montgomery, Consumers' Counsel, will be on hand, too, with news of interest to consumers everywhere.

CONSUMER TIME is a regular weekly broadcast, produced by the Consumers' Counsel Division of the Department of Agriculture and presented in cooperation with Defense and Non-Defense agencies of the United States Government working for the consumer. It's on the air every Saturday at 12:15 p.m. over the Red Network of the National Broadcasting Company.

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VOLUME IV, NUMBER 26 NOVEMBER 10, 1941

BUY WITH CARE

Get in step with Mrs. America. She buys with care, says CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture..... Here are twelve rules she uses when she buys food:

1. She plans before she buys; pennies go farther then.
2. She shops around to learn where the best buys are.
3. She compares prices of foods with equal food values.
4. She buys in quantity when economies come that way.
5. She reads labels to know what's in food packages.
6. She compares costs per ounce and pound of differen sizes.
7. She buys by weight, not by a dime or dollar's worth.
8. She buys by grade to get the quality she pays for.
9. She watches scales to make sure how much she gets.
10. She learns the seasons when different foods are cheapest.
11. She checks her purchases before she leaves the store.
12. She keeps up to date about the foods her family needs.

BUYING COTTON STOCKINGS

Cotton stockings are getting more important as silk stocks dwindle away. Here are some tips on what to look for when you buy cotton hosiery, as reported in CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. Labels seldom tell you these facts so you have to know what to look for.

First you should be able to tell whether you're gettin a full-fashioned or circular knit stocking. Circular-kni are just as durable but they aren't likely to fit as well or look as well. They're usually cheaper, however. To distinguish between them, look for the little fashion marks on either side of the seam in back. If the stitche on the outside of the marks meet them at an angle, the stocking is full-fashioned, or knit to fit not only in the leg, but in the foot, ankle, knee, and heel as well.

Weight of the thread and gauge of the stitch, which means the number of stitches to 1-1/2 inches on the knitting machines, affect the sheerness of the stocking and, therefore, its durability. Gauge in cotton hose means the same as in silk, but thread count, which indicates fineness in silk hose, doesn't have the same meaning for cotton. In fact, cotton thread counts are almost meaningless to the consumer. You can best judge how sheer

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cotton stockings are by examining them with your hand inside the leg.

Lisle stockings, of course, are very fine cotton stockings, knit of very fine, specially treated yarns, for looks and sheerness.

Other points to remember about cotton hose: Always ask about colorfastness, for cotton stockings will fade if they weren't dyed with "vat" or "sulphur" colors. Be as careful about size as you was with silk stockings. Those that are too long or too short in either foot or leg will wear out quickly. Stocking sizes are the length of the foot in inches.

Treat cotton stockings as carefully as you would silk to preserve them. Put them off and on carefully, avoiding snags from rough fingers, sharp fingernails, or jewelry. Wash them carefully, as they are less elastic than silk. Don't hang them over a hot radiator or in the sun, and never, never iron them.

A BETTER WORLD

"The post-war world, we hope, will be a better world. In it, we have reason to believe, there will be less greed and a greater service to humanity. No greater service could be forthcoming than that of giving to every man, woman, and child a minimum dietary standard and building up in him or her the health, stamina, and reserve energy necessary to reach out for the greater attainment of life, a desire for which is in us all."

M. L. Wilson, Director of Extension Work,
U. S. Department of Agriculture.

ON THE RADIO

Holiday season means cranberries as well as turkeys. Are you sure which varieties to buy to make the best sauce or jelly? If you aren't, CONSUMER TIME on Saturday November 15, at 12:15 p.m. will give some valuable hints on how to buy and use cranberries that will interest you. Consumer reporters will also tell you about the Federal Trade Commission's rules for labeling leather goods so that you know what kind of leather you're buying.

Donald Montgomery, Consumers' Counsel, will give news of interest to consumers on this program, too.

Produced by the Consumers' Counsel Division of the Department of Agriculture and presented in cooperation with Defense and Non-Defense agencies of the United States government working for the consumer, CONSUMER TIME is on the air every Saturday at 12:15 p.m. E.S.T. over the Red Network of the National Broadcasting Company.

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VOLUME IV, NUMBER 27 NOVEMBER 17, 1941

BUYING A NEW WINTER COAT

Here are some of the things to look for when you're buying a coat, suggested by clothing specialists of the U. S. Department of Agriculture, and reported by CONSUMER'S GUIDE, publication of the Consumers' Counsel Division of the Department. First select a simple style, like an unfurred box coat or a princess line, that you can wear comfortably for several years without being out of style. Check the fit in every detail; beware of uncomfortable shoulders, a collar that isn't right, sleeves that are too short. The new labels required under the Wool Products Labeling Act will help you know what fiber was used in material; they don't tell you, however, the wearing quality of the material. Material that is "all wool" means it is 100 percent "new" wool; "reprocessed" wool means that it is made from wool that has been woven into cloth once, then raveled and made up again, but has never been used; "re-used" wool has been used, then made up again. Sometimes a good "reprocessed" wool is better quality than a poor grade of virgin wool. So you must learn to judge the quality of the material for yourself by the feel. A poor piece of wool material usually feels harsh and boardy, and the fibers are short and uneven. A good quality piece of wool is springy, soft, and closely woven so that it doesn't give much in either direction.

Look at the coat lining. If it's rayon, be sure the seams are wide and strongly stitched, so they can't fray. The interlining, which should keep you extra warm, may be of wool which is lightweight and not bulky, or napped cotton which usually isn't warm enough for really cold weather, or quilted wool which is somewhat bulky, or chamois which is very warm and acts as a windbreaker as well. The interlining should be seamed separately from the lining for better fit.

Check other details of workmanship, too, if you want a really good buy. See that the coat is cut with the straight of the goods, so that it will hang well; that the hem is finished with a ribbon binding; that the seams lie flat and are bound with a pre-shrunk tape; that the lining fits smoothly and has a hem separate from the coat, joined only at facings and seams.

And if the label doesn't mention colorfastness and shrinkage, be sure to ask the clerk about them.

LONGER LIFE FOR POTS AND PANS

If you want to prolong the life of your kitchen utensils, it makes a difference what kind of treatment you give them to remove heavy grease, burnt foods or stains, points out CONSUMERS' GUIDE, publication of the Consumers'

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Counsel Division of the Department of Agriculture.

Strongly alkaline soaps and cleansing powders shouldn't be used on aluminum, as they slowly eat it away by chemical action. Stains may be removed with a fine abrasive or steel wool. If scouring fails, boiling some strongly acid food like tomatoes or rhubarb or even just vinegar and water in the pan will often do the trick.

A mildly alkaline cleaning powder is all right to use on enamel ware, or a fine feldspar abrasive, but never a coarse abrasive. A weak solution of soda and water boiled in an enamel pan will often remove burnt-on foods that don't yield to milder treatment.

Burnt-on food on tinware should be attacked with care and a fine scouring powder. Too much scouring will rub away the thin coating of tin, exposing the cast iron base of the pan to rust. For the same reason, tinware should be carefully dried after washing.

Cast iron skillets and kettles can be scoured with steel wool to remove stubborn spots of food. An alkaline soap will remove heavy grease without damage. To keep them from rusting, cast iron pans should be thoroughly dried after washing, and rubbed with mineral oil if they're to be stored any length of time.

Glass and earthenware can be scoured with a fine abrasive without damage, or washed in a strong alkaline soap to remove grease.

A coarse abrasive can be used safely on zinc galvanized pails and buckets, as they will stand harsher treatment.

CONSUMER TIME

What do you do with sour milk and cream? Many housewives just throw it away. If you'd like to know some ways to end this food waste, listen in on Consumer Time, Saturday, November 22, at 12:15 p.m. Consumer reporters will tell you how to make some delicious dishes that use up sour milk and cream. They will also talk about cold medicines and what to do for a winter cold on this broadcast.

Donald E. Montgomery, Consumers' Counsel, will be on the program, too, with information and news of value to consumers everywhere.

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VOLUME IV, NUMBER 28 NOVEMBER 24, 1941

HOW TO CLEAN PAINTED WALLS AND WOOD WORK

Best cleaner for painted surfaces, says CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture, is a light suds of a mild neutral soap such as you'd use for fine fabrics.

Strong soap and hard rubbing may get paint clean easier, but it injures the surface. Once the surface goes, the paint gets dirty quicker and is harder to clean.

Wash a small area at a time, as gently as you can, rinse off every trace of soap, then dry with a soft cloth. Always wash walls and wood work from the bottom up to avoid streaking and use water as sparingly as possible so that it doesn't remain on the surface any longer than absolutely necessary.

If the walls or woodwork are very dirty you can add a little trisodium phosphate or other alkaline cleanser to the soapy water. But use only a little - a half tablespoon to a gallon of water is plenty. More will injure your paint. In fact a strong solution is used as a paint remover.

Knowing what kind of paint covers your walls helps to tell you how successfully you can wash them. Generally, paints with an oil or varnish base withstand washing better than other types. Casein or glue bound paints are more easily affected by water; they can be gently washed but not scrubbed. Calcimine and whitewash can't be washed.

Never use soap on glossy enamel paint. Soap dulls the gloss. Use instead clear hot water or water to which 1 teaspoon of soda for each gallon of water has been added.

DINNER MENUS AT LOW COST

Here are some dinners, suggested by CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U. S. Department of Agriculture, that can be made from the low-cost marketing list prepared by the Bureau of Home Economics to help people get more wholesome meals for the money they have to spend.

Dinner No. 1. Beef and vegetable stew, dumplings, potatoes in jackets, whole-wheat or enriched bread, stewed dried fruit, cookies, milk for children.

Dinner No. 2. Fried salt pork, milk gravy, mashed potatoes, panned kale, cornbread with sirup, milk for children.

Dinner No. 3. Bean stew with frankfurters, shredded cabbage salad, whole-wheat or enriched bread, creamy rice pudding with raisins, milk for children.

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November 24, 1941

Dinner No. 4. Liver and cereal loaf with gravy, scalloped potatoes, carrot sticks, rye or enriched bread, gingerbread with apple sauce, milk for children.

SELECTING CRANBERRIES

You can have cranberry sauces and jellies all winter, nowadays, instead of just during November and December. Select berries that are firm, plump, and fresh-looking, with a high luster when you buy them, advise fruit scientists of the U. S. Department of Agriculture. It makes no difference whether they're the small, dark red variety of cranberry, or the large light crimson kind. They all taste about the same when they're cooked.

Pick cranberries over carefully before you prepare them and discard all berries that are shriveled, speckled, or soft. It's worth the trouble, for even a few inferior berries will give your jelly or sauce a bitter flavor.

Cranberries are high in Vitamin C content. To get the most Vitamin C possible from them, you should eat them raw. If you prefer them cooked in sauce, however, you'll save some of the vitamin by leaving the berries whole. Straining them will cause a further loss of Vitamin C.

ON THE AIR

Consumer reporters will broadcast pointers on how to buy fish on CONSUMER TIME on Saturday, November 29, at 12:15 p.m., E.S.T. Tune in if you want to learn how to tell whether the fish you select is fresh and a good buy. Suggestions on how to care for your teeth will also be given on this program.

CONSUMER TIME is a regular weekly radio series devoted to consumer problems. Produced by the Consumers' Counsel Division of the U. S. Department of Agriculture and presented in cooperation with Defense and non-Defense agencies of the United States Government working for the consumer, it is on the air every Saturday at 12:15 p.m., Eastern Standard Time, over the Red Network of the National Broadcasting Company. Listen in for valuable assistance on your buying problems.

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VOLUME IV, NUMBER 29 DECEMBER 8, 1941

FOOD FOR FREEDOM

Here are the goals farmers are asked to aim at for the year 1942 in the Food for Freedom campaign, announced by the Secretary of Agriculture, and here's what they should mean to consumers in this country, according to CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture.

MEAT: The 1942 goal aims at the production of 24.2 billion pounds of beef, pork, veal, lamb, mutton, and chicken, or about 11 percent more than this year. After export needs are met, this goal, if it's achieved and shared equally among everybody in the country, would be enough to provide each person with 169 pounds of meat for a year. Actually, of course it's not going to be shared equally, but this increase of available meat should put meat eating, quantitatively on a higher level than it has been for 30 years.

MILK: Milk production is intended to reach 125 billion pounds in 1942, 7 percent more than this year. For American consumption, after the amounts of dairy products to be shipped abroad are deducted, there would remain some 872 pounds of milk equivalent per person if the goal is reached. This amount of milk is 17 pounds per person above the average consumption for this year and is the largest amount available per person in any year recorded.

EGGS: Four billion dozen eggs is the 1942 production goal, about 10 percent more than this year's production. After export needs, there may be about 306 eggs left per person in this country.
This is about what we have been consuming in the past 5 years more than in the drought period but considerably less than in the 20's. Some of these 306 eggs may not be eaten by consumers but instead may be held off the market, depending upon farm prices. Consumption then would be below the levels of recent years.

VEGETABLES: The fresh vegetable goals for 1942 call for a slight production increase from commercial truck farms in the important producing areas; about the same from the truck gardens in the vicinity of large cities; and for some increase in the production of farm gardens, mostly for consumption on the farms. They provide a level of consumption much higher than in earlier years and at or a little above that of recent years. No increase in the potato production goal, including sweets, is set for 1942. The goal provides an average consumption of 165 pounds of potatoes per person, something less than the average figure for past years.

In canned vegetables, the goal calls for marked increase in output over this year's record production. The average provided per person would be approximately 32 pounds in 1942 about 2 pounds higher than for 1941 and higher than for any earlier years.

(MORE)

CONSUMER NOTES • CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A. A. A., WASHINGTON, D. C.

FRUITS: The production of fruits in fresh, dried, or canned form is expected to increase slightly, from 14.8 million tons this year to 15 million tons in 1942. There may be slightly less of the 12 major fresh fruits, due to larger requirements for dried and canned fruit. At 135 pounds per person in 1942, against 136.5 pounds in 1941, the average consumption if the goal is reached would still be greater than it has been for all except 3 recent years.

If the goal is attained, canned fruit consumption, excluding pineapple, will average 11 pounds per person in 1942, a half pound less than in 1941 but again more than in any year except 1940 and 1941. Dried fruit consumption is expected to increase slightly in 1942 to an average of about 6 pounds per person.

HOW TO STORE ROOT AND STAPLE VEGETABLES

Some staple and root vegetables, to be kept at their best, need a cool moist storage place, such as a basement without a furnace. Others keep better under warmer, drier conditions, say food experts of the U. S. Department of Agriculture.

The vegetables that need cold and damp storage are beets, carrots, parsnips, turnips, winter radishes, potatoes, celery and cabbage. In general these vegetables keep best at a temperature somewhere between 32 and 42 degrees Fahrenheit with about 90 percent relative humidity. But if white potatoes get too cold, they turn sweet, so don't let them get below 34 degrees.

Onions, dry beans, pumpkins, and squash need a dry storage place. Sweetpotatoes need to cure first in a very warm place; then they keep best at around 55 degrees in a rather moist atmosphere.

CONSUMER TIME

Suggestions on what should go into your man's dinner pail to give him a substantial well-balanced meal at work will be given listeners to CONSUMER TIME on Saturday, December 13, 1941 at 12:15 p.m., Eastern Standard Time. And since Christmas preparations are on everybody's mind, consumer reporters will also tell you how to make some toys for the children at home.

Donald E. Montgomery, Consumers' Counsel, will be on this program, too, to give you some valuable consumer news and information.

CONSUMER TIME is the regular weekly broadcast of consumer information produced by the Consumers' Counsel Division of the U. S. Department of Agriculture and presented in cooperation with Defense and non-Defense agencies of the United States Government working for the consumer. It's on the air every Saturday at 12:15 p.m., Eastern Standard Time, over the Red Network of the National Broadcasting Company.

CONSUMER NOTES
CLIP SHEET ISSUED WEEKLY BY CONSUMERS' COUNSEL DIVISION, A.A.A. . . . WASHINGTON, D.C.

VOLUME IV, NUMBER 30 December 15, 1941

NEW SIZES FOR BOYS' CLOTHES

New and better methods for marking sizes of boys' clothing are on the way, reports CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the U.S. Department of Agriculture.

Based on the study of the actual measurements of 147,000 school children, made by the Bureau of Home Economics, the American Standards Association has worked out a new system for sizing boys' clothes. When adopted by ready-made clothing manufacturers and pattern makers, it should be possible to buy clothes for Johnny that will really fit.

The Bureau's study showed that age alone was the poorest possible basis for sizing children's clothes. Careful measurement of the weight and 35 body dimensions of many American children showed that a combination of hip girth plus height was the safest yardstick to use in standardizing sizes. The new system would make it possible for mothers to ask in the stores for Johnny's clothes in size 50-25, which means he is 50 inches tall and 25 inches around the hips. That method is much like the one used in marking men's shirts, by neck size and arm length.

To hasten the adoption of the new sizes, consumers can ask for them at the retail stores, tell managers what they are and why they want them.

PUZZLE-POSERS FOR CONSUMERS

Here's another set of food questions for consumers who want to be good food buyers and meal planners. They come from CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. Check your own knowledge of food facts against these questions:

1. What nutrients must be added to flour if it is called "enriched" flour?
2. Check the diseases below which are directly due to not getting the right kind or amount of food nutrients.
   Malaria - hookworm - pellagra - ariboflavinosis - whooping cough - scurvy.
3. Oranges, tomatoes and cabbage are important in your diet because they are rich in what vitamin?
4. If you were going to serve apricot whip for dessert, as a wise consumer watching your pennies but careful about food values, you would buy what grade of canned apricots?
   Grade A - Grade B - Grade C.
5. Name a type of grain, a kind of vegetable, a kind of meat and a sweetening, that are rich in iron.

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TO THE EDITOR:

(Here are the answers to the food questions:

1. According to standards set under the Federal Food, Drug, and Cosmetic Act, flour can be labeled "enriched" only when it contains specified amounts of Vitamin B_1, riboflavin, nicotinic acid, and iron. It may also contain certain amounts of Vitamin D, calcium, and wheat germ or partly defatted wheat germ, but this is a purely voluntary requirement.
2. Pellagra, ariboflavinosis, and scurvy are diseases which are caused specifically by deficiencies of certain kinds of food nutrients. Pellagra is due largely to lack of nicotinic acid in the diet, ariboflavinosis means too little riboflavin, serious lack of Vitamin C leads to scurvy.
3. Oranges, tomatoes, cabbage are starred because of their Vitamin C.
4. Grade C, since Grade C fruits and vegetables are usually a wise buy when the food is to be cooked or combined with other foods. The food value is the same, and uniformity of size and shape isn't so important.
5. Whole wheat, lima beans, liver and molasses are foods that are rich in iron.)

ON THE AIR

Tangerines, plentiful in the markets at this season of the year, look much like oranges. Many housewives would like to know if they're the same in food values. Consumer reporters will tell you how they differ and what to look for when you buy them, on CONSUMER TIME, Saturday, December 13, at 12:15 p.m., Eastern Standard Time. On the same Saturday broadcast, you'll be told how to make your Christmas tree fire-resistant, to prevent disastrous fires that might make your holiday a tragedy.

Donald Montgomery, Consumers' Counsel of the Department of Agriculture, will be on the program, too, bringing you the latest news of consumer activities and problems.

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VOLUME IV, NUMBER 31 DECEMBER 22, 1941

STOP FOOD WASTE

Start a Community Food Preservation Center in your community to help end food wastefulness, suggests CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. Now's the time to begin planning to make sure that no food that's raised goes to waste.

Begin by surveying the places where food wastes occurred in your locality last season; the **garden truck**, for instance, that wasn't picked because of labor shortages, the extra vegetables in some family's garden that they couldn't use, the fruit in another's orchard that wasn't sold. Then check up on your community food needs. How many cans of vegetables do you need for your school lunch program? How many families would can from their own gardens if equipment were available? When you've totaled these items you should be able to make plans for a Community Food Preservation center.

Leadership to put the idea over, volunteers to do the canning, a place to work, and the equipment to work with, are the essentials for a Community Center. Initiative for starting it may come from one interested person or from a public-spirited group or organization. Nutrition committees, local defense groups, women's clubs, labor unions, civic organizations may furnish the spark that's needed.

An advisory board to determine policy and direct financing and operating the center is another necessity. A board which represents all the interested groups in the community will make the center a true community undertaking.

It may take ingenuity and imagination to locate the equipment you must have to carry on large-scale canning operations, since this year you may not be able to buy it new. Look around and try instead to find a large well-equipped kitchen that's used only part of the time. Church kitchens, high school cafeterias, clubs, summer hotels that close down after Labor Day, winter hotels that close in the summer, are all possibilities. You may have to borrow pressure cookers, use second-hand cooking utensils.

A useful blueprint that will guide you through many of the problems that starting such a center involves is the bulletin, "Community Food Preservation Centers," prepared by the Bureau of Home Economics of the Department of Agriculture. Send 10 cents to the Superintendent of Documents, Washington, D. C., for a copy. Then start planning, if you want a canning center in your community that will be a real contribution to the task of making America strong.

CLEANING FLOORS

Wash varnished, shellacked, or lacquered floors with mild soap and a little water, a small area at a time, advises

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CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department of Agriculture. To preserve their finish and make them easier to keep clean, wax such floors every 4 to 6 months. Traffic lanes that get heavy wear should, of course, be waxed oftener, perhaps once a month. Self-polishing waxes are recommended by manufacturers to keep linoleum, cork, mastic tile or rubber floor coverings at their best.

Tile and marble floors should be washed with soap and water and a fine scouring powder used if necessary. But be sure to wipe water up from tile floors at once so that it won't loosen the tiles.

CONSUMER TIME

Sharing your household equipment with your neighbors who can't buy it new is a way to help in the war effort. Because war needs come first, your household things must be made to last as long as they can and give double service. Listen to CONSUMER TIME, Saturday, December 27, at 12:15 p.m., Eastern Standard Time, to learn how you can help by sharing.

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VOLUME IV, NUMBER 32 DECEMBER 29, 1941

CARE MAKES CLOTHING LAST

Here are some suggestions on taking care of your clothes so they'll last longer, from home economists of the U. S. Department of Agriculture, says CONSUMERS' GUIDE, publication of the Consumers' Counsel Division of the Department.

First, know what fabric the garment is made from--how much it's likely to shrink and what special finishes, if any, have been applied to it. How you clean it, press it, remove spots from it, are determined by that knowledge. Labels should tell you; if they don't, find out as much as you can from the clerk from whom you buy.

If the fabric's wool, use extreme care when you wash it. Wrong washing will ruin a good piece of wool. Here's the right way. Use soft, warm water, mild soap. Squeeze the suds through the fabric. Don't rub. Be sure the rinsing water is the same temperature as the washing water. A change in temperature may cause shrinking or make the wool hard and boardy. Dry woolens in a warm place but not near a fire or in the sun. Stretch knitted garments into shape and dry flat. Press other wool clothes while they are still damp with a medium iron and a pressing cloth.

Rayons need careful handling, too. Some you can't wash. For washable rayons, use heavy, lukewarm suds of mild soap and don't rub. Again rinse in water of the same temperature as you used to wash. Use only a moderately warm iron on rayons; if the rayon is the kind called "acetate" be extra careful about your iron temperature as too hot an iron will melt this type of rayon away.

Cottons should be colorfast to washing and to sunlight and should be guaranteed not to shrink more than 2 percent if they're to give good service. Read the labels for this information.

If you have cottons that aren't colorfast to washing, handle them as quickly as you can in the laundry. Wash in warm water, never soak them, dry them quickly. Don't wash such cottons in the same water with other clothes as they're likely to bleed.

Incidentally, textile experts say there is nothing to the old idea that soaking cottons in a salt water solution will set the color. It just doesn't work.

As a last suggestion, learn to mend, patch and darn skillfully. Save scraps of material left over when you make clothes at home or have ready-mades altered. They will make patches or can be raveled out to give the thread for invisible repair work.

USES FOR SOUR CREAM

Never throw away sour cream. Its food value is the

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same as that of sweet cream and it has dozens of uses. It makes delicious gravies, salad dressings, topping for soups when whipped. It can be substituted for sweet milk in quick breads, cakes or cookies. Because 1 cup of heavy sour cream is about 40 percent fat (that's about 6 tablespoons of fat), it can take the place of part or all of the fat in recipes for waffles, muffins, biscuits, cake and cookies as well as the place of the milk. In batters that require a good deal of liquid the heavy sour cream may contain more fat than the recipe calls for, make the bread or cake richer. If the sour cream is rather thin, it may be used as you'd use rich sour milk. When you bake with sour cream, use soda alone or with baking powder for leavening. Half a teaspoon of soda to each cup of sour cream is right. And put the soda in with the flour and other dry ingredients instead of adding it to the sour cream. If you want some recipes for using sour cream, write for Leaflet 213, "Sour Cream," published by the U. S. Department of Agriculture, Washington, D. C. It's free to anyone who asks for it.

ON THE AIR

Consumer reporters will tell you what to look for when you buy bath towels on this week's broadcast of CONSUMER TIME. Listen in on Saturday, January 3, at 12: 15 p.m., Eastern Standard Time, if you want information that will help you take wise advantage of January's White Sales. You'll also hear some valuable hints on how to heat your house with less fuel during the cold months still ahead.

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